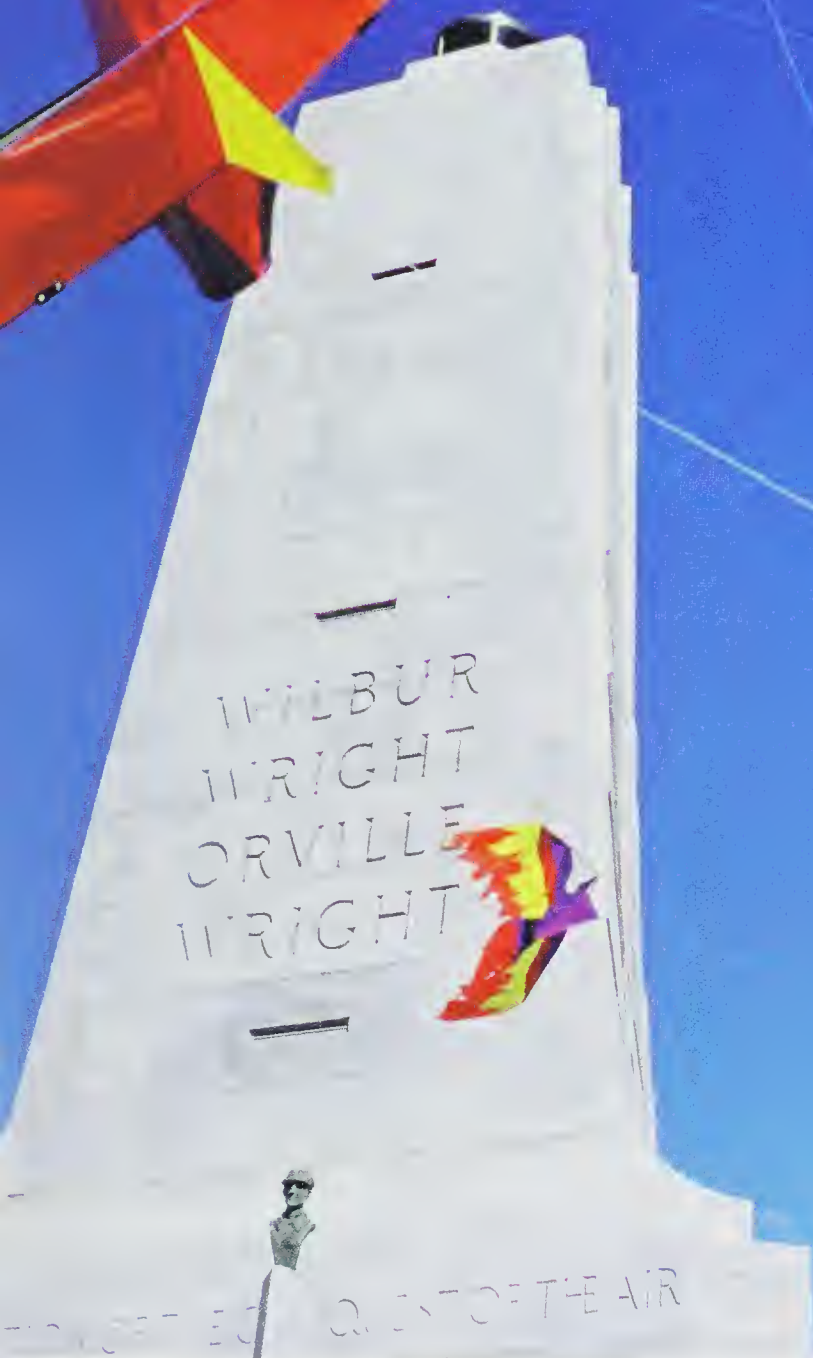


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On the Cover

The Wright Brothers National Memorial, in Kill Devil Hills on Dare County's Outer Banks, will be a popular destination in this centennial year of that famous first flight in December 1903. (Outer Banks Visitors Bureau photo)

For Outer Banks travel information, see pages 37-40.

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New this month: Cookbooks.

CAROLINA KITCHEN94

Sunday Brunch Casserole, Pineapple Au Gratin, Candy Bar Brownies.



Old mill dam in winter

This is an old mill dam on our property, Forestville Rd. between Burlington Mills Rd. and 401.

*Kay Hill
Wake Forest
Wake EMC*

Are you related to Hope Plantation?

Historic Hope Plantation in Windsor is planning a spectacular reunion of family and friends on June 14. The restored home of North Carolina Gov. David Stone (1810-1812) marks the 200th anniversary of its completion in 2003, and the reunion is one of several events scheduled to celebrate Hope's bicentennial.

We're hoping to see the families and descendants of both Gov. Stone and the enslaved Americans who lived on his plantation, our volunteers and association members, families who once lived in the Hope mansion and anyone else who has played a role in the diverse and remarkable history of this place. If you are one of these, please contact the Historic Hope Foundation at (252) 794-3140 or by e-mail at hopeplantation@coastnet.com.

*LuAnn Joyner
Historic Hope Plantation
Windsor
Roanoke Electric Cooperative*

What about those Dukers?

"The Thrill of Victory: Your Memories of the Greatest Moments in North Carolina Sports History" [January 2003] was entertaining reading, and the selection panel made outstanding choices for the most significant moments in North Carolina sports history.

But how could no one have mentioned a single event in the glory years of Duke football, or the heroics and personal magnetism of Charley Justice at Carolina? Did no one recall the unscored-on Iron Dukers of 1938 under Wallace Wade, who beat Pittsburgh and the "Dream Backfield" in the final game of the regular season played in Durham in a snowstorm before the largest crowd ever assembled for a football game in the South up to that time? Eric Tipton put on a display of precision punting that has not been equaled. Duke won 7-0, and with the victory earned an invitation to the Rose Bowl.

The game was significant to Pittsburgh as well, since it was the last game their famed coach Dr. Jock Sutherland would coach the Panthers, before he moved on to the Pittsburgh Steelers.

If that wasn't dramatic enough to qualify, what about the transplanted Rose Bowl played in Durham? In that one, Duke lost to Oregon State in a nail-biter.

The only explanation I can think of for this oversight is that none of the persons writing in are old enough to recall the events I described. I am. I was there.

*Julian C. Davis
Waynesville
Haywood EMC*

About those holographic UL labels

Thanks for the opportunity to appear in your March issue and inform your readers about the important safety testing done right here in North Carolina.

We found a statement that may be misperceived by the reading audience. I am quoted as saying that "The legitimate [UL] marks have a holographic label." The holographic UL label is an anti-counterfeiting measure that only applies to holiday lights and decorations. It's perfectly fine for other products to bear non-holographic UL labels.

*Glenn H. A. Gillen
Underwriters Laboratories
Research Triangle Park*

Thanks to the linemen

I would like to express my sincere appreciation to your many men who work so hard in restoring power in the recent ice storms. They are so dedicated. I and my neighbors would like to say a big THANKS.

*Gladys Lowe
Advance
EnergyUnited*

Big spuds

This potato weighed 11 pounds, 4 ounces. All four potatoes grew on the same vine. They grew in mulch in a small yard around a fish pond.

*Brent Adkins
Mayodan
EnergyUnited – Madison*



"Can do" cooperatives

Our PTA wants to publicly thank the Bright Ideas grants program sponsored by the North Carolina electric cooperatives. In a previous life as a banker, one of my customers was the National Rural Utilities Cooperative Finance Corp., and I was always impressed by the "can do" attitude maintained by the cooperative people.

*Peg Guild
Ligon GT Middle Magnet School PTA
Raleigh*

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Saturday Night Jamboree shows the love

First, I want to let you know how much I enjoy reading Carolina Country. Your stories are very warm and refreshing.

I read your story about "Jim's Kids" [December 2002], and it was very heartwarming. It is nice to make others aware of people who do such wonderful things for very special people. There are so many that are never recognized for all the things they do. May God bless them.

I would like to thank the Saturday Night Jamboree in Washington for all the commitment, time and love they have shown for my brother Charlie Marslender. He has been going for a number of years, and has enjoyed each and every time. These special people only ask for understanding and a whole lot of love.

*LaVerne Wheelbarger
Chesapeake, Va.*

Cracking open those black walnuts

In the January 2003 issue of Carolina Country, Cindy Vogt wrote asking about getting into black walnuts. My father used to collect and crack gallons of black walnuts each season. He set them out in the yard on raised screens. Old, recycled screen doors worked great. If rain were predicted, he covered up the screens with plastic.

Once the walnuts dried, he used an old-fashioned corn sheller to tear off the hulls. The corn sheller was designed so that you could run a dried ear of corn through the sheller. The dried corn would be separated from the cob, and the corn kernels and the cob would fall out.

Daddy would feed dried walnuts through the corn sheller, turn the handle, and the dried hull and "peeled" walnut fell out. The process worked much faster if Daddy had a helper to turn the handle while he continued to feed the walnuts.

Mother kept count of the gallons (yes, gallons!) of walnut meat that went into the freezer each season, and often gave pints of walnuts for Christmas gifts. Mother liberally used black walnuts in congealed salad recipes and in cookies, and my sister baked a delicious black walnut cake with cream cheese icing.

*Fairey Horton
Greensboro*

How to use waste water

Sherrie Parker is lucky. I was aghast that she courts sickness and disease by using dish water on her edibles ["How Does Your Garden Grow?", March 2003].

The North Carolina Extension Service advises that waste water indeed may be the simplest way to stretch your water. Gray water, which is recycled bath and laundry water, can be used to keep thirsty plants alive, but some precautions should be followed to eliminate any potential hazards:

- Never use gray water for direct human or animal consumption.
- Gray water should not be used directly on anything that may be eaten.
- Gray water should not be sprayed or allowed to puddle or run off property.
- Use only water from washing clothes, bathing or the bathroom sink. Do not use dish water or water that has come in contact with soiled diapers, meat or poultry, or anyone with an infectious disease.

Gray water applications should be rotated with fresh water to leach out any harmful build-up of salts. If your shower runs a couple of minutes while you wait for it to warm up, collect this water. It is great for house plants.

For additional information on saving water contact your local Cooperative Extension Service.

*Hugh Porter
Columbus*

Sunshine

Karena Elizabeth Grace Freeman was one year old last July. When she was learning to walk, she walked around my yard picking little flowers and dandelions. She picked them with her thumb and finger and brought them to me and went back to look for more. Karena is a very special little girl. When she smiles she lights up your life with sunshine.



*Nell Warlick
Lincolnton*

About Africans enslaving Africans

I would like to comment on the Africans enslaving Africans information [First Person, March 2003]. While it is true that the Africans were enslaved and sold by other Africans, that does not in any way belittle the responsibility of the Europeans who bought them and transported them in conditions nobody would dream of transporting cattle in. Nor does it ease the blame and shame of the Americans who bought these people as if they really were cattle. There is no shifting of blame in this shameful business.

But God moves in mysterious ways. Thanks to this tragic period in history, the descendents of those slaves exist. Had their forefathers remained enslaved in Africa, they probably would not have lived long enough to have descendents. And not only do they exist, they are citizens of this great country.

There is no way to erase the past, but it can be used to strengthen our resolve to make a better future.

*Pauline Gordon
Winston-Salem*



Growing on Sparks Hill

I enjoyed watching this "animal" grow last summer on Austin-Traphill Rd., better known as Sparks Hill. It's really a kudzu on a tree.

*Juanita Lyon
Traphill
Surry-Yadkin EMC*

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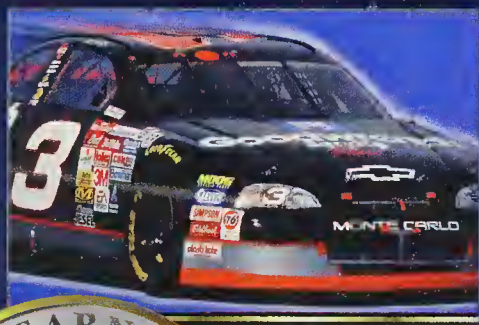
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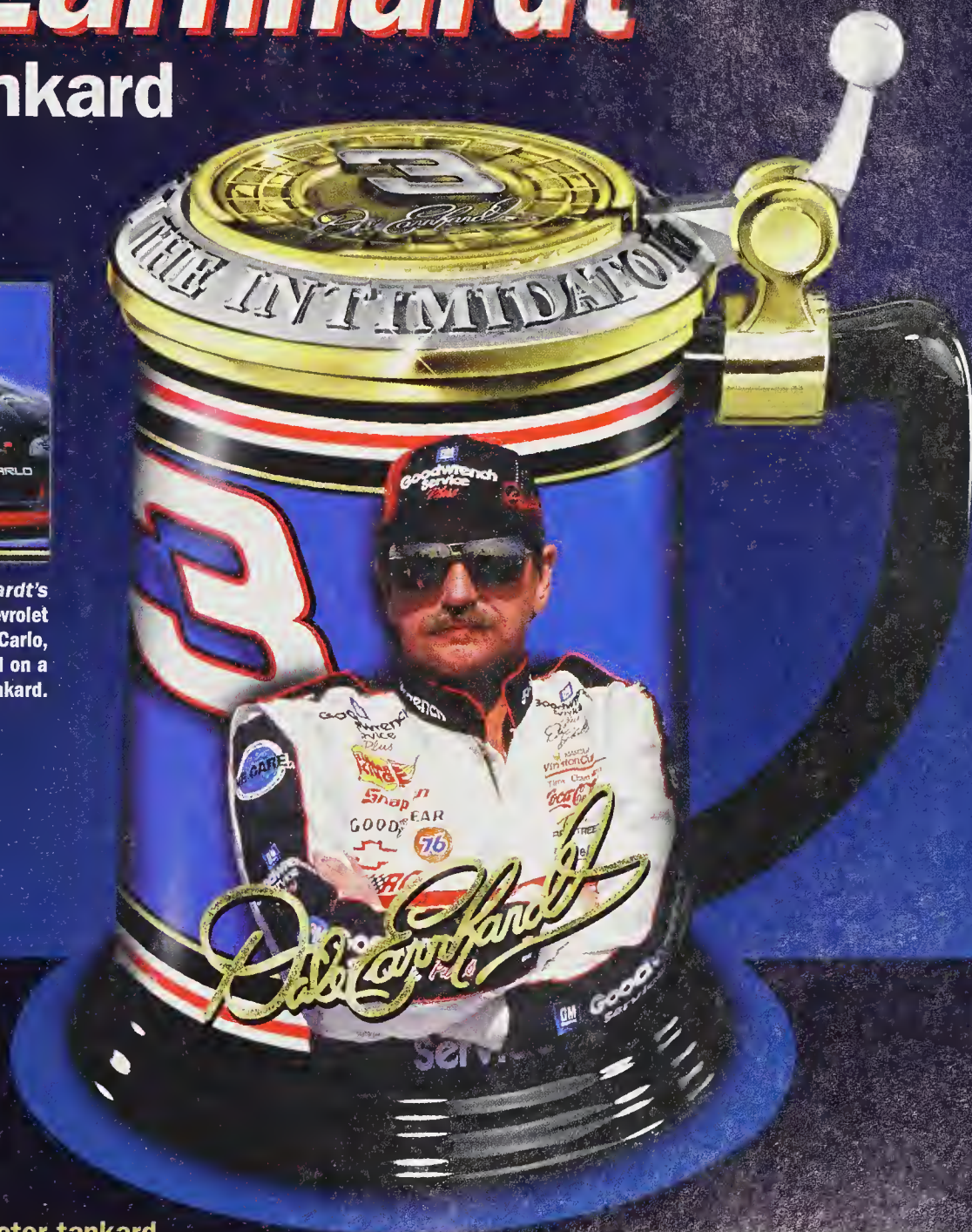
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Inez McLean

A career with the cooperatives

By Michael E.C. Gery

If there's one person who knows about all the electric cooperatives in North Carolina, it's Inez C. McLean. She also knows about North Carolina's nine telephone cooperatives, and the five electric cooperatives based in neighboring states that serve members in this state.

After 25 years with the North Carolina Rural Electrification Authority, Inez McLean will retire at the end of April.

As executive manager of the NCREA since 1999, she has traveled to all of North Carolina's 100 counties, logging some 8,000 miles per year, attending co-op annual meetings and seeing to other NCREA business.

She's a longtime and respected member of the cooperative family. When she submitted her letter of resignation in January, one co-op manager returned it with the note, "Refused."

How the NCREA works

The NCREA was formed in 1935, a few months before President Franklin D. Roosevelt signed legislation creating the Rural Electrification Administration (REA) that enabled rural people nationwide to form cooperatives and build electric distribution systems for themselves. Gwyn B. Price of Ashe County, "the father of North Carolina's electric cooperatives," served as NCREA administrator under nine governors from 1941 to 1972. Today, as an agency within the state government's Department of Commerce, the NCREA reviews all electric and telephone co-op applications for federal funding, and it investigates co-op member complaints.

The NCREA is composed of five board members appointed by the governor, an administrator appointed by the governor, and one administrative staff person. In the early days, the staff included 12 people, but since then, the co-ops themselves have hired people to perform work that NCREA staff once did for them. The board members are directors or managers of electric or telephone cooperatives, and they each serve four-year terms. State government funded the NCREA until 1991, when co-ops joined the funding process through assessments applied according to the size of their membership and distribution systems.

Inez McLean began working with NCREA in December 1977 as its administrative secretary. She took on progressively more responsible positions, and in 1999 was appointed by Gov. Jim Hunt as executive manager. She has served four governors.

She says activity has increased in recent years at the office in the Raleigh state government complex on Salisbury St.

"There are more consumers," she says. "And they know us better."

She adds that years ago, "rural people didn't complain much."

Unlike investor-owned utilities, such as Duke Energy and Bell South, the electric and telephone cooperatives' rates and service are not regulated by the N.C. Utilities Commission. Instead, the co-ops are regulated democratically by their elected boards of directors. The NCREA reviews co-op applications for federal loans – from the Rural Utilities Services (formerly the REA), the Federal Financing Bank,



Inez McLean has served the North Carolina Rural Electrification Authority for 25 years.

and the National Rural Utilities Cooperative Finance Corporation – to

ensure that they comply with federal regulations. (Since NCREA's inception, no co-op has ever defaulted on a federal loan.) And the NCREA investigates consumer complaints about service which cannot be resolved on the local level.

"The consumers know that they can 'go to Raleigh' if their complaints aren't settled at the co-op," McLean says.

While the five-member board is involved in reviewing the loan applications, the executive manager handles the complaints. She hears the issues and usually offers a verbal response for a solution. McLean says the complaints are often about payment extensions or "high bills," and some concern response to service restoration after a storm. When the telephone service business was deregulated some years ago, NCREA found itself referring consumers to information or otherwise settling some disputes with their co-ops.

"We don't have mandate authority," she says. "But complaints almost always get resolved. They have rarely gone to the board, and never to court. Usually, the consumer ends up getting a fair hearing and understanding the problem."

Gwyn Price was Inez McLean's "mentor," she says. She also especially remembers board members James Melton of Jones-Onslow EMC and Russell Sewall of Randolph EMC. The current board is "like family," she says. They are Chairwoman Alice Wilson of Edgecombe-Martin County EMC, Vice-chairman Calvin Duncan of Brunswick EMC, Joseph Justice of French Broad EMC, Buddy Creed of South River EMC and Molly Gambill of Skyline Telephone.

Inez McLean grew up in Robeson County with Lumbee River EMC. "I represented Lumbee River in the Christmas parade." She is married to Donald V. McLean of Rockingham, who is retired after 29 years in the State Highway Patrol and eight with the U.S. Marshal Service. She has two step-children and two grandchildren. In retirement, she and her husband look forward to a cruise to Alaska and other travel. Mostly, she says, they will enjoy the house they built in Raleigh five years ago. "And I won't have to get up at 5 in the morning, if I don't want to."

Electric cooperative policies first take shape at the local level

One of the most important functions of the National Rural Electric Cooperative Association annual meeting—held in a different city each year to accommodate the nation's electric cooperatives spread out in 47 states—is the consideration of “resolutions” by the NRECA member cooperatives. Resolutions are essentially proposals that become policy mandates for NRECA when cooperative delegates vote on them. What is unique about this policy process is that it originates with the cooperatives’ own member-owners.

“This process is a very democratic, grassroots system,” said Bob Dawson, formerly with NRECA’s Government Relations Department, who worked with the resolutions process for nearly 15 years. “Any member of any cooperative can bring to

10 regions. They then undergo debate by one of 10 standing committees, each of which has a particular area of knowledge and expertise. Finally, the resolutions filter through a resolutions committee that looks at them for consistency before they get voted on at the NRECA business meeting.

At the association’s business meeting, voting delegates—one from each

NRECA member cooperative—then vote to adopt the final resolutions to guide the national policy direction for cooperatives.

This process and the national policies it results in can have great impact on rural consumers. For example, Congress passed legislation several years ago establishing a loan guarantee program to permit local TV signals to be locally available. This allows

rural residents from North Carolina, for instance, to receive local broadcasts rather than those from New York or Atlanta. This was a result of a resolution that was passed which gave direction to the legislative agenda for electric cooperatives that year.

“I think the process has worked well and is very unique and democratic. The ‘resolutions process’ for a customer of an investor-owned utility is to call up their utility and get put on hold. A member-owner of a cooperative can go to their annual meeting and have their concerns debated and discussed among leaders of their communities,” said Dawson.



Delegates at the electric cooperatives' national meeting vote on policy resolutions. North Carolina's delegation at the Nashville meeting exceeded 300 people.

his or her cooperative’s annual meeting a relevant concern and have it considered. That concern can be carried up to the national level and pursued as a matter of policy for cooperatives.”

Dawson explained that this very thing happened several years ago when residents of rural communities voiced concern to their cooperatives that there was very little economic development in their towns and others like it. Ultimately, this concern became a series of NRECA resolutions and has resulted in cooperatives across the country having access to more and more federal rural development tools to spur economic development in their communities.

The resolutions process allows plenty of opportunities for debate. Concerns may first get presented to the cooperative at its annual meeting. From there, the issues then get presented to the statewide association. After that, the resolutions undergo debate during NRECA’s fall regional meetings—the country is divided into

National association CEO says Congress should take a "time-out" on deregulation

At the annual meeting of the nation's electric cooperatives in Nashville last month, Glenn English, chief executive officer of the National Rural Electric Cooperative Association, voiced concern about the Congressional leadership's timing and content of national legislation to restructure the electric industry.

"Congress should pass energy legislation that contributes to our nation's security, but Congress should take a time-out on electricity," said English. "They should take time to review the failed deregulation schemes of recent years and adopt a new approach, one that brings reliability and stability to an industry under fire — reliability and stability for investors and consumers."

Such an approach, he said, "would help restore faith on both Wall Street and Main Street."

"The federal government is radically transforming the wholesale power marketplace and putting increased pressure on the national power transmission system," English told more than 12,000 co-op leaders gathered in Nashville. "It will take all the resources available at the Federal Energy Regulatory Commission (FERC) to ensure that consumers benefit. Congress must not, at this critical juncture, enact any law to prohibit or otherwise prevent federal regulators from protecting consumers."

"Not only does the FERC have the authority today to do much of what Congress currently proposes," said English, "the commission has the flexibility to respond quickly to evolving conditions and the expertise to anticipate the consequences of its

actions. The same cannot be said of any rigid congressional mandate. Congress must not force FERC to enact regulations that the commission has determined to be unjust and unreasonable."

English questioned the wisdom of Congress legislatively undercutting the authority regulators already have. "At best the legislation currently under consideration would hamper FERC's ability to regulate effectively," he said. "At worst it will force the commission to take regulatory actions that are simply unnecessary or have failed the commission's 'just and reasonable' test."

What not to do

English, a former Congressman from Oklahoma, advised Congress against taking the following action:

- Require the commission to adopt incentive transmission rates that increase the cost of electricity to consumers without improving service.
- Codify an inflexible approach to funding new transmission infrastructure that discourages critical investment and reinforces existing market power.
- Deprive FERC of its existing authority to ensure utility mergers are in the public interest.
- Distract FERC from its core mission by unnecessarily expanding its jurisdiction over consumer-owned utilities.

More than 12,000 representatives from cooperative electric utilities across the nation, including a delegation from North Carolina, attended the NRECA Annual Meeting, March 2-5, at the Gaylord Entertainment Center, during which they set NRECA's legislative and organizational agenda for 2003. In addition to considering and acting upon policy resolutions, delegates received reports from NRECA officials, heard addresses by key public figures and business experts, and attended panel sessions on major issues affecting electric cooperatives and their consumer-owners.

NRECA is the national service organization that represents the nation's more than 900 consumer-owned electric cooperatives, which provide electric service to more than 36 million people in 47 states.



Robin Edwards/Electric Co-op Today

Glenn English, CEO of the cooperatives' national association, urged Congress to consider consumers first in any restructuring proposals.



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24	---	---	9.53	9.10	14.65	13.56	23.18	21.00
25	---	---	9.53	9.10	14.65	13.56	23.18	21.00
26	---	---	9.53	9.18	14.65	13.78	23.18	21.43
27	---	---	9.62	9.18	14.87	13.78	23.62	21.43
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37	---	---	9.71	9.45	15.09	14.43	24.06	22.75
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39	---	---	9.88	9.71	15.53	15.09	24.93	24.06
40	---	---	10.06	9.80	15.96	15.31	25.81	24.50
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Issue Age	\$50,000		\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female	Male	Female
46	---	---	11.37	10.93	19.25	18.15	32.37	30.18
47	---	---	11.90	11.20	20.56	18.81	35.00	31.50
48	---	---	12.42	11.46	21.87	19.46	37.62	32.81
49	---	---	13.03	11.81	23.40	20.34	40.68	34.56
50	---	---	13.65	12.07	24.93	21.00	43.75	35.87
51	---	---	14.35	12.42	26.68	21.87	47.25	37.62
52	---	---	14.96	12.77	28.21	22.75	50.31	39.37
53	---	---	15.66	13.12	29.96	23.62	53.81	41.12
54	---	---	16.45	13.65	31.93	24.93	57.75	43.75
55	---	---	17.41	14.17	34.34	26.25	62.56	46.37
56	---	---	18.37	14.78	36.75	27.78	67.37	49.43
57	---	---	19.51	15.40	39.59	29.31	73.06	52.50
58	---	---	20.73	16.10	42.65	31.06	79.18	56.00
59	---	---	22.31	16.97	46.59	33.25	87.06	60.37
60	---	---	24.41	18.11	51.84	36.09	97.56	66.06
61	---	---	27.03	19.25	58.40	38.93	110.68	71.75
62	---	---	29.92	20.56	65.62	42.21	125.12	78.31
63	---	---	33.25	22.05	73.93	45.93	141.75	85.75
64	---	---	37.01	23.88	83.34	50.53	160.56	94.93
65	---	---	41.21	26.42	93.84	56.87	181.56	107.62

Call for more information

Additional ages and amounts with guaranteed rates (of course) available upon request.

Other amounts available upon request. Premiums are based on applicant's age at nearest birthday. Policies are non-cancelable as long as premiums are paid on time, however, if the insured commits suicide within two years of the Policy Date (may vary by state), the benefit is return of premium. Premiums may be paid annually, semi-annually or monthly bank draft. (A no-cost medical exam may be required depending on age, health or amount of coverage desired). Premiums \$100,000 and above are annual term, super-preferred rates. Policy Form No. PXART99NW1. Level Death Benefit to age 95. Premiums increase annually. All policies are issued and subject to underwriting by Great American Life Insurance Company®, P.O. Box 5416, Cincinnati, OH 45201-5416.

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(maybe)

stories of your trips off the beaten path

Some of the most memorable trips or vocations can be to places that people may call "in the middle of nowhere." Once we find them we hope no one else will, or we hope that at least they will remain as they were when we found them.

But we know that every place changes. Places that are out of the mainstream may change more gradually than the popular destinations. And we have chosen to protect some places as parks and reserves.

We are lucky in North Carolina to have many places that are off the beaten path. Tourists haven't even seen some of them. I can think of a few that I especially enjoy (but I'm not telling where they are).

Plenty of our readers were willing to tell us about their favorite out-of-the-way vocations. Following are a few stories that were selected for publication. You can find more and submit your own on our new Web site (www.carolinacountry.com) on the "Stories & How-To's" pages. Thanks to everyone who submitted stories for this month.

Go to page 15 for information about sending more stories for publication. You can submit them through the Web site now, too.

— Michael E.C. Gery, editor

Along the Cape Fear Run

As an avid bicycle-touring fan, I felt the Department of Transportation's Cape Fear Run bicycle route would be a perfect avenue to explore rural North Carolina. My friend Tally and I left Fayetteville with full panniers and high expectations. We had tediously explored the mapped route to Wilmington, calculating the distance to be traveled each day. In an attempt to reduce the weight of what we carried,

we decided to leave the tent behind and find a hotel at our planned stopping point.

As night began to fall and mosquitoes swarmed, we arrived to find that the town at our stopping point—near Kelly, I believe—consisted of one gas station/convenience store. The store owner didn't hesitate to come to our rescue. He offered his home for the night, because they would be away, with instructions to "leave the key above the door when you leave."



Left: Tally and Karen at the end of the Cape Fear Run bicycle route.



Above: Home sweet home for a night thanks to the kindness of strangers

The home we found was a castle to us. A real log home with chinking inside and out. A beautiful loft with handsome rustic furniture. As we sat on the porch that evening, reveling in the adventure and beauty of the unexpected, we were treated to yet another surprise. A neighbor down the road dropped by to share a watermelon with us. As we munched and spit seeds out into the dark, we exchanged many tales and experiences.

We will always remember the kindness and generosity of these North Carolinians.

Karen Stansell
Burgaw
Four County EMC

White Lake and Elizabethtown

My favorite place is White Lake near Elizabethtown. It is such a quaint area. We have an old cabin with no hot water and an outdoor shower, like many others there. My daughter and I have shared so many special summers there. It is a clear lake with a shallow area near our pier. It has never become commercialized and has only one main grocery store, campgrounds, an amusement park with a restaurant, and several convenience stores.

Elizabethtown is such a neat place to shop. And you can have a famous Melvin's burger, which has cost only 69 cents for years.

There's the famous FFA Camp nearby, and the cement garden ornament business up the road. We especially enjoyed the White Lake Festival and the famous parade that was right out of "Steel Magnolias" with all the beauty queens.

We could sit on the pier at night and hear the music coming from the campground dance or watch fireworks on July 4th. My daughter actually got her first kiss on that very pier!

My only unpleasant memories are of the biting yellow flies and a couple of lizards who intruded on our vacation.

White Lake is a great, safe place to vacation with children and share special stages of their lives.

Stacy Conrad
Lexington
EnergyUnited

The mountains around Plumptree

On Feb. 7, 2003, my church youth group started out for the little town of Plumptree (Avery County), located in the mountains of North Carolina, for a fun-filled weekend of skiing and snowboarding. It had been so long since I had been to the mountains, I practically forgot how they looked. Living on the Crystal Coast, there aren't many hills. It's like a parking lot at Wal-Mart. flat!

I had no idea that when we arrived it would be snowing. Everything was covered in beautiful white snow. It looked as if someone had taken an eraser to the landscape and erased all of the color.

When it snows in the mountains, there are many entertainment opportunities. One is to share the fun on the slopes with your friends and family.

The mountains are beautiful. And don't forget the Dramamine for the roller coaster ride up.

Noah Simpson
Newport
Carteret-Craven Electric

Green River Cove

When we started going to Green River Cove, near Saluda, it was still a small, curvy, gravel road running along a rocky river, then 15 miles up a mountain to a small campground along a river cove. Going tubing there was a must each summer.

Our summer vacation was always filled with kids. Many of our friends spend the week of July 4th with their families. Our campsite always looks like a small village. We have a pop-up camper, and the kids all put their tents up. We string tarps

overhead, because it always seems to rain when we go camping. Our cooking area is a big, screened room.

The food always tastes great cooked on the grill. And I never have to cook breakfast, because my husband does it. We look for wood along the river for our campfire at night. Instead of cutting down trees, we get limbs and twigs that have fallen during the winter months.

Trout fishing is good. We usually bake trout one or two times during the week.

Our kids can be free—swimming, fishing, tubing and country camping. Everyone watches each other's children. We don't have to spend a lot of money to have a good vacation.

Barbara Davis
Kings Mountain
Rutherford EMC



You don't have to spend much money to have a good vacation at Green River Cove.

The Haliwa-Saponi pow-wow

Nothing could be finer than being in North Carolina on vacation with the Haliwa-Saponi Indians.

In 1965, the Haliwa-Saponi Indians received state recognition. This recognition is celebrated with an annual pow-wow, which is the oldest and largest in the state. This three-day outside event is held each year during the third weekend in April. There is a large camping area available for those who like the great outdoors, and a host of hotels nearby to accommodate all others. There are arts and crafts and lots of good food.



The Haliwa-Saponi annual pow-wow is the oldest and largest in the state.

This celebration is a way to express culture and heritage, and it showcases the community. The pow-wow is a celebration of the Indian community's survival and a chance for Indians and non-Indians to come together to

renew old friendships and create new ones. This event takes place on the grounds of the Haliwa-Saponi Tribal School, which is nestled in the small community of Bethlehem, located approximately 25 miles from I-85 and I-95.

To learn more about the Haliwa-Saponi Indians or their annual event you may contact them at (252) 586-4017.

Sunshine Richardson
Haliwa-Saponi member
Warrenton
Halifax EMC

continued on p. 11

With the turtles on Bald Head Island

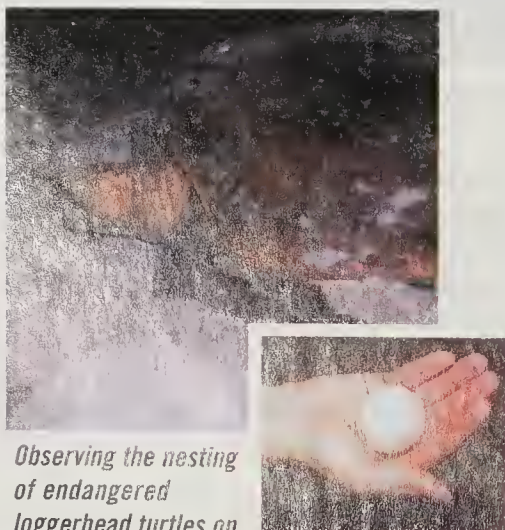
Having visited many beautiful locales in our great state and throughout the nation, I particularly recall a visit to North Carolina's Bald Head Island to observe the nesting of endangered loggerhead turtles. Full-time ocean residents, these reptiles measure up to four feet long, weigh 300 pounds and can live for nearly a century. The females come ashore only to nest, generally returning to the same beach where they hatched.

Protected by federal law, the turtles and nests are monitored by the Bald Head Island Conservancy to prevent damage or predation.

During two nights in mid-July, I accompanied the "turtle patrol." The full moon and high tides created ideal nesting conditions; however, we saw no turtles until late the second night. When we received a radioed report of a turtle preparing to nest, we hurried onto ATVs and arrived to watch her deposit nearly 100 golf ball-sized leathery eggs into a foot-deep cavity. With her rear flippers she covered and concealed the nest with sand. Then she laboriously lunged down the beach to the water's edge where she slid gracefully into the waves, leaving her nest and future hatchlings to fend for themselves.

As I watched her disappear into the moonlit ocean, I felt privileged and awed at having witnessed this ritual.

*Douglas Butler
Crumpler
Blue Ridge EMC*



Observing the nesting of endangered loggerhead turtles on North Carolina's Bald Head Island.

Nantahala National Forest

Whether you're the adventurous type or just looking for a nice place to wind down, Nantahala's got it all.

Thrill seekers can raft or kayak down the Nantahala River. Although it's not an extremely tough river, it does have some rough spots and is great for beginners.

The Nantahala is set in the middle of some of the most beautiful scenery in North Carolina, with mountains on all sides. The weather is wonderfully comfortable in nearly all seasons, so you can sit on your porch sipping coffee or mountain bike in the woods all while enjoying its natural beauty.

I have taken several vacations with my family to the Nantahala and have thoroughly enjoyed myself every time. This is definitely a spot worth checking out next time you take a vacation close to home.

*Courtney Skibbe
Charlotte*



High Falls in Moore County has rolling green hills, 100-year-old barns and the Deep River.

Swansboro

Peaceful, private and preserved is our vacation destination. Located on the Intracoastal Waterway, the old historic town of Swansboro is where we make our summer complete. My husband and I recently purchased a small place in this quaint, friendly fishing community. We had traveled here for years and loved the serenity and quiet. For us, this was and still is a non-commercialized and not-very-crowded place.

For people who love to fish and have a small boat, this area is the best. Each morning we prepare our Carolina Skiff for the day's adventure on a secluded island that has inlets on one side and the ocean on the other. Once we are in the boat, the distance is approximately 30 minutes to the island. Nature shows us a variety of picturesque scenes. We are

High Falls farm

I grew up in South Carolina, which is a beautiful state. But when I met my husband, he took me to visit his family farm in High Falls, N.C. (Moore County).

I could not believe how beautiful everything was. The farm had rolling green hills, barns that are 100 years old and Deep River flowing by. We would spend weekends that we had free on the screened-in porch of the farmhouse.

We decided after we got married that we wanted to make a move of some sort, so we moved to the farm. Now I get to enjoy the beauty every day. But the farm is still used as vacation, because now our family from South Carolina comes up to camp, fish and relax every chance they get.

*Candy Cheek
Robbins
Randolph EMC*

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Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

JUNE 2003

"The Finest Food in North Carolina"

If you had to pick one North Carolina specialty, what would it be and why?

Deadline: April 15

JULY 2003

"Why I Went Back to School"

What was your most meaningful adult education experience?

Deadline: May 15

AUGUST 2003

"The Funniest Story I Ever Heard"

True, or not so true.

Deadline: June 15

SEPTEMBER 2003

"My Favorite Photo"

Our annual photo gallery of North Carolina people and places.

Deadline: July 15

OCTOBER 2003

"Why I Like My Electric Cooperative"

Is a cooperative different than other utilities?

Deadline: August 15

NOVEMBER 2003

"The Finest Neighbor I Ever Knew"

Tell us why and send a photo.

Deadline: Sept. 15

DECEMBER 2003

"How to Live a Long and Happy Life"

Do you know an older person who sets a good example for staying healthy and happy? Send a photo, too.

Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web: www.carolinacountry.com

Ocracoke Island

For our one-year anniversary, my wife and I ventured to the Outer Banks where we visited one of North Carolina's greatest treasures, Ocracoke Island.



One of North Carolina's greatest treasures: Ocracoke Island.

The only access to the island is by ferry or private boat or plane. Among the features that make Ocracoke special are the banker ponies, the history of Blackbeard the Pirate, the harbor and the Ocracoke Lighthouse. But the best feature of all has to be the miles and miles of undeveloped beaches.

Along Highway 12 there are small pathways winding through the sand dunes drawing you to the serene, almost desolate beaches. However, within a few minutes you can be among the hustle and bustle of the quaint shops located around the harbor. This close-knit community exudes a relaxed lifestyle that easily soothes visitors. Ocracoke offers the best of both worlds: a small town atmosphere and pristine beaches. If you are looking to really get away, I highly recommend Ocracoke Island.

Eric McPherson
Asheboro
Randolph EMC

Cape Lookout National Seashore

This past summer, I was finally able to visit the most isolated of the North Carolina lighthouses—Cape Lookout.

I knew that the lighthouse was in the middle of nowhere, but I had no idea how far away it really is. I also knew that I would have to take a ferry, but I had in mind one of the large ferries in our state system. But the ferry wasn't much of a ferry—it was a speed boat. Nonetheless, it just added to the charm of the trip.

The 169-foot lighthouse that had eluded me for so long did not disappoint.

As we sped across the sound, with the lighthouse getting nearer and nearer, my heart began to pound.

I expected there to be people swarming all over the place, but I found the opposite. I just couldn't believe that there weren't more people taking in this bliss. I was selfishly glad that there weren't.

In North Carolina, as tourism becomes more and more popular, it is difficult to find places that are off the beaten path. Thankfully, Cape Lookout has not succumbed to the tourist trap disease.

Wendy Sink
Winston-Salem

Calabash

My family believes the best vacation spot in North Carolina has to be the Calabash area. It has so much to offer for a young family, and it has fewer crowds than other beach areas. Our favorite place to stay is a condo on one of the beautiful golf courses off Highway 17, close to the beaches, town and grocery stores.

Most mornings, we head off to Ocean Isle or Sunset Beach. It is always a hard decision, as both are beautiful, clean and wide. Our daughter, Sarah, loves the beach and plays until she drops. We usually take a picnic lunch and enjoy it by the ocean. Later, we'll head back and stop off at the docks in Calabash to buy shrimp fresh off the boat for dinner. Later that evening, my husband will boil the shrimp and make a wonderful meal. When we eat dinner out, our favorite place is Twin Lakes Seafood, located beside the swing bridge linking Sunset Beach. You can eat dinner upstairs, and if you are lucky you see the bridge in action as the sun sets over the island.



Kim Young
Statesville
EnergyUnited

The Calabash area has much to offer a young family,

North Carolina's Trails Less Traveled

By Elizabeth Hunter



The Mountains to Sea Trail

Thirty years after the General Assembly authorized the North Carolina Trails System Act, more than half of a 900-mile Mountains to Sea Trail (MST) is on the ground. The trail is designed to extend from Clingman's Dome in the Great Smoky Mountains to Jockey's Ridge State Park on the Atlantic Ocean. The remaining portion currently follows Department of Transportation or county bike routes.

"It's really coming together," says Jeff Brewer, president of the Friends of the MST, a nonprofit organization whose mission is to see the trail completed and maintained. Brewer says that until 1995, the MST took a back seat on the state level because there was no nonprofit organization supporting it. Then project director Allen de Hart wrote a book about the MST, and he and Alan Householder walked across the state. "After that," Brewer says, "it took off. We've gotten grant money, and the state is behind us 110 percent."

Most of the completed MST mileage is in the mountains, as is the longest contiguous segment—a 176-mile stretch from Mt. Pisgah on the Blue Ridge Parkway to US 441 near Blowing Rock. As many as 70 mostly volunteer task forces design, construct and maintain specific MST sections. As task forces add new stretches, more people are "hiking the mountains and parts of the Piedmont and biking the rest," Brewer says. "A woman in the mountains spends every Sunday hiking parts of the trail with her family. Someone is on it all the time."

He calls trail construction "a labor of love—hard core, dirty, intensive work." Last year, the Carolina Mountain Club—a "powerhouse" group—contributed more than 5,000 volunteer hours to the MST. The CMC maintains 92 miles of existing trail and is building a new 15-mile stretch between Balsam Gap and Heintooga Road, near the Blue Ridge Parkway.

The Sauratown Trails Association, an equestrian club, gave more than 4,000 hours in 2002, and has spent about 20 years working on the Sauratown Trail, a 21-mile horse and hiking segment that links Pilot Mountain and Hanging Rock state parks. The trail was officially designated MST last June and is the first trail to link two state parks across private property.

Another major contributor is the Central Blue Ridge Task Force, which spent nearly 1,400 hours working on the MST last year. The 75-mile stretch it maintains, from Black Mountain Campground to Beacon Heights, is "the most remote, scenic part of the MST," Brewer says.

For more information about the Mountains to Sea Trail, visit the Friends of the MST Web site at www.ncmst.org, or write FMST, 3585 US 401-South, Louisburg, NC 27549.

Coastal Plain Paddle Trails

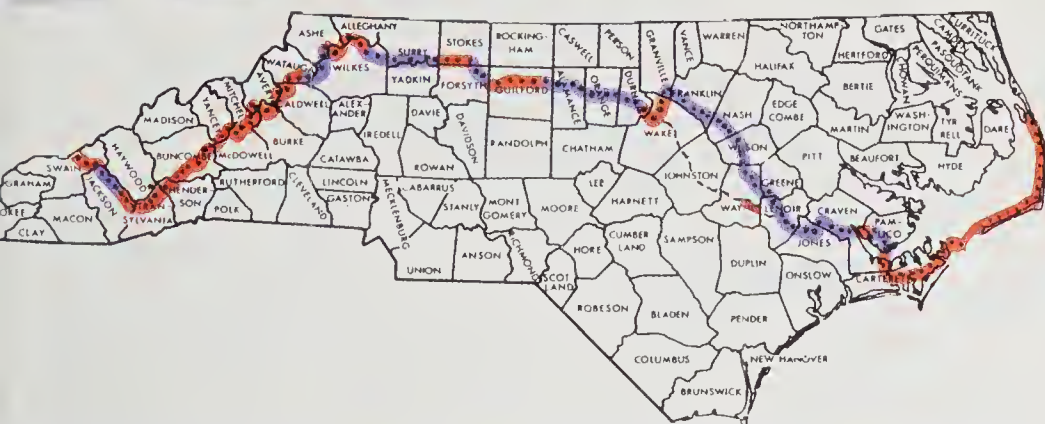
The rivers, creeks and sounds of North Carolina's coastal plain allow some of the most interesting outdoor excursions in nation. These areas are best seen by a motorless canoe or kayak that can get you soundlessly close to scenery and wildlife.

Many coastal plain paddle trails are kind to beginning paddlers but remain attractive to experienced ones. Important things to remember if you try these trails include respecting private property, disposing of your trash, leaving a "float plan" with family or friends, and paddle safely from start to finish.

Maps of the paddling trails are available from many outdoor outfitters, canoe and kayak outlets and state parks. You can also look for these trails online at a Web site maintained by North Carolina Sea Grant, the Partnership for the Sounds and North Carolina State Parks. Check it out at www.ncsu.edu/paddletrails.html



photos © N.C. Division of Tourism, Film and Sports Development



Approximate route of the Mountains to Sea Trail. Red portions are "designated trails" and the blue portions are roadways for walking and bicycling.

Rail-Trails

As Al Capehart walked along the Dunn-Erwin Rail-Trail in February, a man on bicycle stopped to chat. The bicyclist said that riding the trail cut 10 minutes off his daily commute. He told Capehart, "We need more of these in Dunn."

Comments like that please Al Capehart, who is president and "volunteer executive officer" for North Carolina Rail-Trails (NCRT), a Durham-based nonprofit dedicated to preserving old railroad corridors for conversion into trails. The 5.3-mile Dunn-Erwin project in Harnett County, open since June 2002, is one of three rail-trail demonstration projects that NCRT has helped local communities engineer since its incorporation in 1990. In western North Carolina, NCRT helped Rutherford County create the Thermal Belt Rail-Trail on an 8-mile segment of abandoned short line corridor between Spindale and Gilkey.

But NCRT's most ambitious undertaking is the 22-mile American Tobacco Trail. When complete, the ATT will run from Durham to New Hill, through Durham, Chatham and Wake counties, and will be "the poster child for rail-trails in North Carolina," says NCDOT Rail Division staff engineer Steve Head. A portion of Durham County's 9.87 miles has been open for a couple of years; about half of Wake County's 7.35 miles will open soon.

NCRT wanted to get the three demonstration projects open "so people could see what we're talking about," says NCRT Webmaster and newsletter editor Dan Arrasmith, who was involved with rail-trail projects in Iowa before moving to Hickory 16 years ago. Preserving abandoned rail corridors—rather than letting rights of way revert to private landowners—makes good business sense, he says. "Interest in greenways, linear parks and "connectivity" is burgeoning in cities, small towns—even rural areas.

Arrasmith likes "the main street effect" that rail-trails help restore to American life. "We've lost a sense of community, he says, as we flock to mall megaliths while isolated in automobiles. Rail-trails—shared by walkers, hikers, cyclists, mothers pushing strollers, seniors taking their daily constitutionals, commuters and, in some cases, equestrians—bring some of that back.

North Carolina's Department of Transportation has no rail-trail program within its Rail Division (as some states do). But NCDOT will consider leasing abandoned rail corridor it owns in fee simple to local governments for "interim use [for trail projects] if we feel it won't be needed for rail service within the next 10 years," Head says. "There's lots of interest in this now among towns and counties."

Other small segments of abandoned rail corridor have been converted into trails in North Carolina. For more information, visit North Carolina Rail-Trails' Web site at www.ncrail-trails.org, or write, NCRT, P.O. Box 61348, Durham, NC 27715-1348.

Here are existing rail-trails and who maintains them, as listed on the N.C. Rail-Trails Web site. Many others are in the design stage.

- Strollway, 1.2 miles, City of Winston-Salem. Central business district south to historic Old Salem.
- Lake Brandt Greenways Trail, 5 miles, City of Greensboro and Guilford County. Connects 25-mile High Point-to-Greensboro Bicentennial Greenway with 27-mile trail system around city reservoirs. (Formerly known as the Owl's Roost Trail.)
- Libba Cotton Bikeway, 1 mile, City of Carrboro. On active rail spur right-of-way. Connects Carrboro central business district to UNC campus.
- American Tobacco Trail, 23 miles, Durham, Chatham and Wake counties. Durham-to-New Hill corridor railbanked by NC DOT. Being leased to city and county governments. First 3.2-mile development stage open in Durham. Connects with Eagles Spur trail to Jordan Lake. Triangle cities and counties planning several greenway trail connectors.
- Eagles Spur, 2.2 miles, Corps of Engineers. Stagecoach Road to Jordan Lake. Provides Jordan Lake access for Durham-to-New Hill American Tobacco Trail.
- Sabina Gould Walkway, 1.2 miles, town of Littleton. On Roanoke Valley Trail corridor.
- River to the Sea Trail, 11.5 miles, city of Wilmington. Partially on old Wrightsville Beach Trolleyway.
- Dunn-Erwin Rail-Trail, 5.3 miles, N.C. Rail Trails.
- Gold Hill Rail-Trail, 2 miles, Gold Hill Community and the LandTrust for Central NC.
- Lincolnton Rail-Trail, 0.7 mile, city of Lincolnton. Through business district.
- Forrest Hunt Greenway, 0.8 mile, Bechtler Development Corp. and town of Forest City, Alexander Mills Community to elementary school.
- Thermal Belt Rail-Trail, 8 miles, Bechtler Development Corp., Spindale to Gilkey.
- Nantahala Bikeway, 0.5 mile, U.S. Forest Service, Nantahala Gorge.
- Railroad Grade Road, 10 miles, Ashe County. Todd-to-Fleetwood. Paved local access road built on section of abandoned Virginia-Carolina Railroad along South Fork of New River. A traditional bikeway favorite.

Elizabeth Hunter is a freelance writer in Bakersville and a member of French Broad Electric Membership Corporation.

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The Cottages at Spring House Farm

A comforting retreat in natural surroundings

By Deborah Huso

Arthur and Zee Campbell opened The Cottages at Spring House Farm on Haynes Road north of Lake Lure in Rutherford County in July 2000. They intended to operate a few bed-and-breakfast cabins on the 92-acre farm. Today, the place is the only retreat of its kind in North Carolina.

The farm is served by Rutherford Electric Membership Corporation, the Touchstone Energy cooperative of about 60,000 members in 10 counties west of Charlotte.

Established on land that was once cut over by logging, Spring House Farm today is blanketed in decades-old tulip poplars and hickories. "When Zee and I first came here," Arthur says, "we were propositioned by people wanting to buy our timber. Now they leave us alone, and I think we're setting an example for others by leaving our hardwood canopy here intact." The only trees cut down since the Campbells took up residence were those used to build the cottages. Even the roads into the property have been established along old logging routes.

That's partly to preserve the natural heritage of the farm but also to preserve its history. The concept for the property actually began in 1998, when the Campbells purchased the acreage and the farmhouse that stood at its center. The Albertus Ledbetter house was built about 1826 and was in a state of disrepair. Neighbors thought the Campbells were crazy, but today the Ledbetter House is listed on the National Register of Historic Places, due to the efforts of the Campbells and the people they hired to perform restoration. As they worked, the Campbells discovered one of the most unaltered early 19th-century structures in the region. The home is a rare and intact example of transitional Federal/Greek Revival architecture of post-beam construction. Both the exterior and interior of the home display untouched, original hand-painted molded paneling. Also intact are the hand-painted doors with original locks and hinges.

The Campbells used period materials from a nearby structure whose age even their neighbors could not decipher—the old Wilkerson House in the Muntford Cove section of McDowell County. Elderly members of the community

refer to the Wilkerson House as "built sometime in Washington's day." Inside the Wilkerson place, they discovered far more than old heart-pine planks. They unearthed dozens of quilts, some nearly 200 years old. There were 38 intact quilts in all, three more in tatters—some stored in trunks as old as the oldest quilts, others in a 30-gallon oil drum. All of the quilts were hand-stitched, most of them in near-perfect condition. The curator at the Biltmore Estate in Asheville has dated them from the early to mid-1800s to the 1940s.

According to local women, the last owners of the house were two spinster sisters, whose family had lived there since it was built at the end of the 18th century. When they died, there were no heirs to take the quilts.

The natural surroundings

With miles of trails through forest and meadow, along pond and stream, Spring House Farm represents seclusion for people and for wildlife. The Cottages at Spring House Farm host white-tailed deer, wild turkey, bobcats, indigo bunting, pileated woodpeckers, and multitudes of hummingbirds.

Hillsides are draped in rhododendron in late spring. Mountain laurel and lady slipper orchids are common, too. "In the morning here, it sounds like a tropical rain forest,"

Arthur says.

A sign of their dedication to the site was their decision to work with Rutherford EMC to bury all power lines underground.

Arthur Campbell was raised in rural South Carolina. "I felt a real connection to that place when I was a kid, and I felt the same thing when I came here. Most people don't get to experience nature every day."

Deborah Huso is a freelance writer in Warm Springs, Va.

FOR MORE INFORMATION

The Cottages at
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P.O. Box 130
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Toll free (877) 738-9798
www.springhousefarm.com

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Spring House Farm was the first U.S. member of EcoClub, an international ecotourism club that provides information on environmentally friendly lodgings.
www.ecoclub.com

April Festivals in Carolina Country

Sampling regional cuisine, browsing colorful crafts or just enjoying the warm sun on your forehead as you listen to live music are great ways to relax and soak up a new locale. This month, the "Carolina Country Store" presents a collection of the many interesting April festivals across the state.

Merlefest

Emmylou Harris, Leahy and Doc Watson are among acclaimed performers planned for this year's Merlefest, set Thursday through Saturday, April 24-27 in Wilkesboro. The highly popular festival, held at Wilkes Community College, features an instrument contest, songwriters coffeehouse and "little pickers" area. Other performers include The Nitty Gritty Dirt Band, Asleep at the Wheel, Etta Baker, Belá Fleck & the Flecktones, Hot



Rize, Laura Love Band, Ricky Skaggs & Kentucky Thunder, Red Stick Ramblers, Rhonda Vincent & the Rage, Del McCoury Band, and Mountain Heart. Special events include a blues showcase and a tribute to women in bluegrass.

Tickets for four-day admission are \$125. Visit www.merlefest.org or call (800) 343-7857.

Wilkesboro

Azalea Festival

Country music band Lonestar and soul singer Al Green are headlining the widely attended Azalea Festival, set for Wednesday through Sunday, April 2-6, in Wilmington. Features include a circus, three-hour parade, street fair, coin show, shag contest, and home and garden tours. The two-day street fair includes international foods, arts, crafts and music performances. Admission price varies according to event. Visit www.ncazaleafestival.org or call 910-794-4650.



Wilmington

North Carolina Pickle Festival

There is nothing like a good pickle, and Mt. Olive knows it. The town's annual pickle festival, set for Thursday-Sunday, April 24-28, includes a large car and truck show, finger painting, pony rides, birdhouse workshop, crafts and food. Children can shake hands with the towering Mr. Crisp – an 8-foot pickle – and adults can pucker up for the free pickles or peruse the art walk. Visit www.southfest.com/festivals/ncpickle.shtml or call (919) 734-8792.



Mt. Olive

Spring Out! Celebration

If you want to hear a wolf howl, the Spring Out! Celebration in Asheville will accommodate you. The festival, which focuses on environmental stewardship, will be held all day Saturday, April 19 at the WNC Nature Center.



Activities include information about safe water, air quality, recycling, composting, garden fertilization and feeding and management of wild animals, along with plant sales, live music, wildlife demonstrations,

games and two contests – a Wolf Howling contest and the Bunny Bonanza. Hours: 10 a.m. to 4 p.m. Visit www.wncnaturecenter.org or call (828) 298-5600.

Asheville

By-The-Sea Music Festival

Rock band Poco and fifties group The Drifters are among 30 bands to perform at the By-The-Sea Music Festival in Beaufort. Nine stages at or near Beaufort's historic waterfront will feature sounds of jazz, classical, pop, country, bluegrass, Zydeco and swing Friday through Sunday, April 25-27. Children's entertainment is also planned. Free admission. Visit www.beaufortmusicfestival.com or call (252) 728-6894.

Beaufort

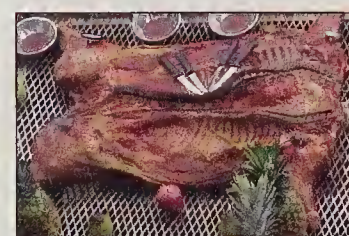
Dogwood Festival

Dazzling pink and white blossoms and a lively downtown street fair are among features planned for the 21st Annual Dogwood Festival in Fayetteville. Scheduled Friday through Sunday, April 25-27, activities throughout the community include arts and crafts booths, home tours, tournaments, a pageant, car shows and street dances. "Kid's Stuff: A Festival For Children" will also be held downtown. More than 70,000 people attended the street fair last year. Visit www.fayettevillenc.com or call (888) NC-CHARM.

Fayetteville

Roanoke-Chowan Pork-Fest

A pig roasting contest is among aromatic highlights at the Roanoke-Chowan Pork-Fest in Murfreesboro. Scheduled for Saturday, April 12, at the Jefcoat Museum of Americana, activities include contemporary, Christian, bluegrass, country



and beach music, a Model A Ford exhibit, face painting, craft booths and "all you can eat" BBQ dinner. Hours: 9 a.m. to 6 p.m. Advance tickets are \$15 adults; \$7.50 for children under age 12. Tickets the day of event are \$20 and \$10.

Visit www.murfreesboronc.com/historic/events/rcpf.html or call (252) 398-5922.

Murfreesboro

Herring Festival

Jamesville

This festival in Jamesville grew out of the annual spring spawning of herring up the Roanoke River, where onlookers watched as a river-wide net pulled in thousands of wiggling fish. Today, the festival focuses on crafts, area history, children's amusements, music and food, including mounds of fried herring. Held on the Roanoke River's banks, the festivities are scheduled for Monday, April 21 and includes a morning parade. Visit www.visitmartincounty.com/ or call (252) 792-5006.

Tribal powwow

Hollister

The Hawala-Saponi Indian Tribe is the third largest tribe in North Carolina, after the Lumbee and Eastern Band of the Cherokee, with many members in Halifax and Warren counties. The Hawala-Saponi is holding its 37th powwow Friday through Sunday, April 18-20, in Hollister. Members will be honoring both their elders and their youngsters at the annual festival, held at the Hawala-Saponi Indian School. Festivities include Indian food, dancing, arts and crafts. More than 3,000 folks attended last year's powwow. Email alynch@coastalnet.com or call (252) 586-4017.

Historic Johnson Farm Festival

Hendersonville

The Johnson Farm in Hendersonville throws open its doors and fields for an all-day festival Sunday, April 27. The 12th annual festival features horse and wagon rides, square dancing, antique tools and cars, storytelling, quilting, along with demonstrations for soapmaking, blacksmithing, rug-hooking, spinning and butter churning. Food includes hot dogs, barbecue, pound cake and fried apple pies. Adult tickets are \$5; students \$2; and preschool children get in free. Visit www.johnsonfarm.org or call (828) 891-6585.

Grass Roots Festival

Silk Hope

Donna the Buffalo, Preston and Keith Frank, and Old Crow Medicine Show are among musicians scheduled to rock the Shakori Hills Grass Roots Festival. The music and dance festival, set for Thursday through Sunday, April 10-13 in Silk Hope, features more than 40 bands, with styles ranging from American, Cajun, reggae, bluegrass, African, Latin, Zydeco, roots rock, country and old time tunes. Other musicians include the Del McCoury band, Toots and the Maytals, Moontee Squah, Jennie Stearns Band, Alejandro Escovedo, Keith Secola and the Wild Band of Indian and Man Alive. Workshops, poetry slam and locally grown organic foods are also planned at the farm setting. Visit www.grassrootsfest.org or call 919-542-8142.



Hot Springs Trailfest

Hot Springs

This festival honors the famed Appalachian Trail, which runs smack through the main street of Hot Springs. Hikers and other outdoor enthusiasts eat, socialize and claim bragging rights at trailfest, set for Friday and Saturday, April 11-12. Other activities include singing, games, hot tubbin', and a special hikers' parade. Visit www.trailfest.net or call (828) 622-3543.

Shad Festival

Grifton

There's something fishy about this festival – no shad. The hickory shad fish is small and bony and more fun to catch than eat, so volunteers serve up herring and catfish instead. That's the catch to this long-running event, but festival-goers claim the stew is reel tasty. (See recipe below.) The festival, held Tuesday through Sunday, April 8-13 in Grifton, features more than 30 family-oriented events including clogging, crafts, canoe races, musical performances and historical exhibits. And don't forget the lying competition (whether you fish or not). Visit www.grifton.com/shadfest.html or call (252) 524-4356.



Grifton Shad Festival Fish Stew

Here's the recipe used at the annual Grifton Shad Festival. Any kind of fish can be used, but rock and catfish are less bony than shad and more plentiful in April. (They use catfish in the festival stew.) It can be cooked inside in an ordinary pot, or outdoors in an iron pot.

- ½ pound fatback or slab bacon
- 5 pounds white potatoes (sliced)
- 5 pounds onions (sliced)
- 4 pounds rockfish, striped bass, puppy drum, catfish, shad or any firm fish, cut in 2-inch pieces crossways through the backbone
- Salt and pepper to taste
- ½ teaspoon crushed red pepper
- 1 can tomato soup
- 1 dozen eggs
- Water

Put fatback or bacon in bottom of pot and fry. Leave grease in pot and remove fried meat. (Optional: Leave fried meat in pot.) Add other ingredients, layering them beginning with onions, then potatoes, then fish, etc. Sprinkle with salt and pepper as you add ingredients. Add water to cover.

When stew comes to a boil, turn heat down to medium and cook about 1½ hours. Do not stir, as this will break fish into small pieces, but shake the pot from time to time to keep stew from sticking to bottom. About 20 minutes before stew is done, add 1 can tomato soup and break eggs into the stew. Allow eggs to until yolks are hard-boiled. Plan about one egg per person – this is the distinguishing ingredient of Eastern North Carolina Fish Stew. Add more red pepper, if you like it hotter. Serve with hushpuppies, bread, and slaw. Feeds 10-15 people.

Recipe contributed by Peggy Brown.

Visit the Carolina Country Store

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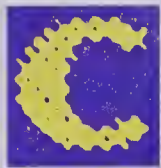
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Carolina Country recently launched a new and improved version of its Web site, www.carolinacountry.com. Redesigned

and reorganized, the site offers easy access to the information you need, when you need it. In addition to the clean design and simplified navigation, the site features nearly a dozen interactive ways for you to communicate with Carolina Country staff with a simple click of your mouse.

BRAND NEW FEATURES

In the “NC Electric Co-ops” pages, learn more Carolina Country’s sponsors—North Carolina’s electric cooperatives.

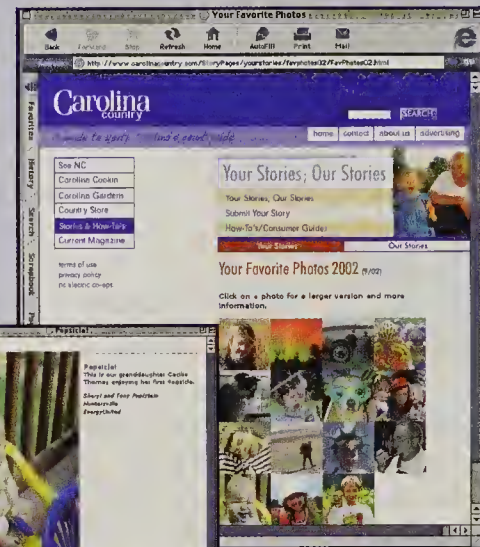
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One of the most popular parts of the magazine, the recipes section, has been expanded online. “Carolina Cookin’” contains even more recipes and photos from past issues—close to 200 recipes and growing all the time! Check here first for recipes from years past.

The advertising pages now contain ad sizes, demographics, directions on sending us files, and a detailed graphic designers guide. You can also request a media kit which contains detailed information on ways to advertise in Carolina Country.

Hank Smith’s gardening section, “Carolina Gardens” contains more than a year’s worth of gardening advice. Plus you’ll discover links to other useful gardening resources.

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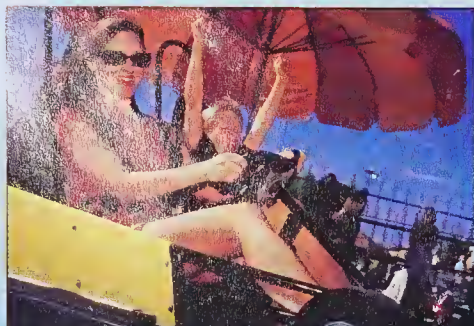
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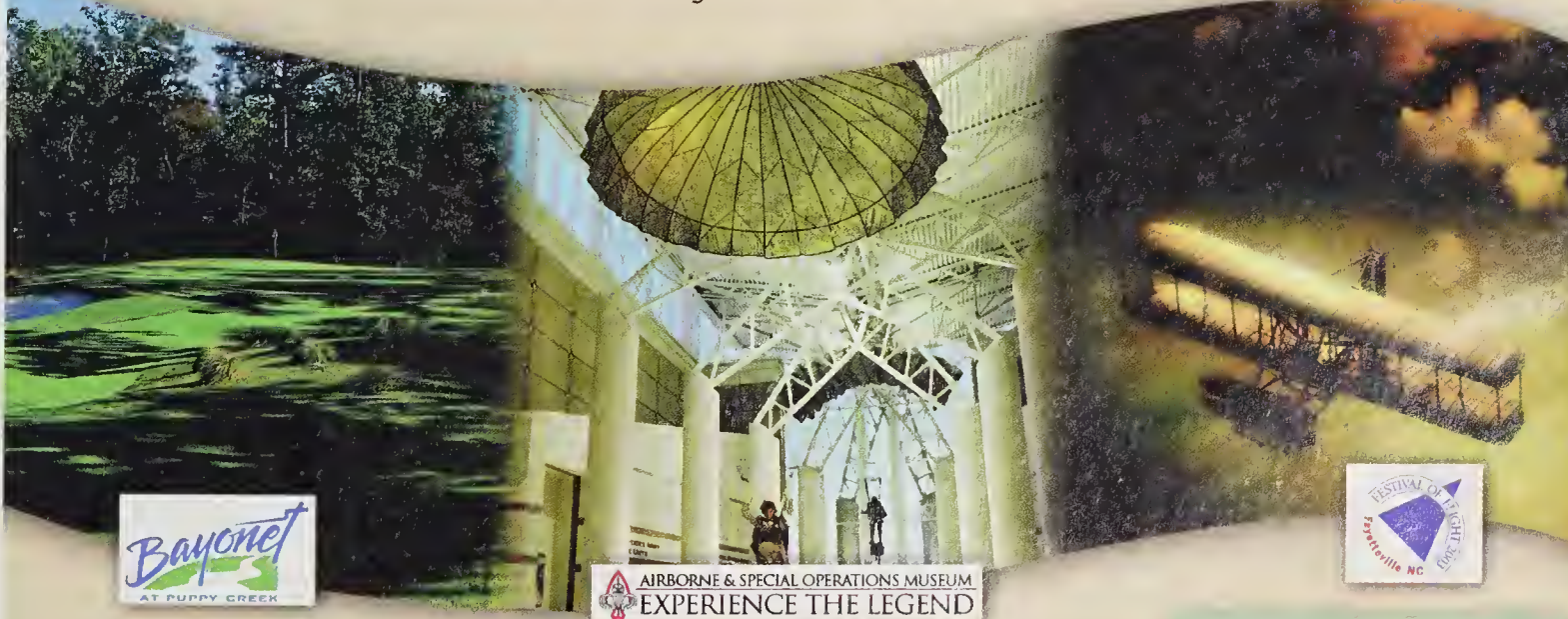
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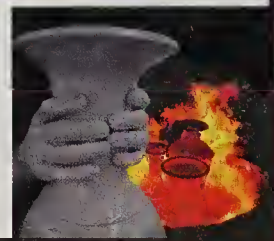
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except major holidays

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North Carolina

CONVENTION & VISITORS BUREAU
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Winston-Salem, North Carolina
336.728.4200 or toll free 866.728.4200
www.visitwinstonsalem.com

Advertiser 19

33rd ANNUAL SOUTHEAST OLD THRESHERS' REUNION



JULY 2-6, 2003 • DENTON FARM PARK

Train rides, Arts & Crafts, Flea Market, Restored Old Buildings, Border Collie Demonstrations, Petting Farm, Auction, Horse Pull, Antique Tractor Pulls, and 100+ Acres of Music and Fun!

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Denton, N.C. 27239 • (800) 458-2755

Admission: \$11 Adults; Under 12 \$6; Preschool free

Camping Available • email: manager@threshers.com

Website: www.threshers.com or www.eventdirectory.com or www.dentonnorthcarolina.com

Advertiser 20

The Mayberry Deputy David Browning hosts the Blue Ridge Jamboree on the stage of the Andy Griffith Playhouse in Mount Airy, N.C., hometown of actor Andy Griffith. The Jamboree features Old-Time and Bluegrass music along with a talent competition. It takes place on the third Saturday night of the month at 7:30 p.m. Show times are: April 19, May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18, Nov 15, and Dec. 20.



Tickets are \$7 at the door; children 6 and under are free!

For more info: call
800-286-6193 or
www.surryarts.org

Got an urge to skip Mount Airy?

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www.mountaintreasures.net

Advertiser 22

Destination...

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Centrally located in the foothills of the North Carolina mountains, Hickory

is ideal! The accessibility to Interstates 77 & 40, or Interstates 85, 26 and 81 brings people to our door with ease.

Whether for business, furniture shopping or sight-seeing, we welcome you to Hickory.



BIG City Amenities...

Small Town Charm.



800-509-2444
www.hickorymetro.com

Advertiser 23



In Cherokee, NC "Walk Through Time"

History comes alive at Cherokee, North Carolina. Travel through the splendor of an Indian Nation that inhabited America for more than ten thousand years. An excursion for the entire family.

Museum of the Cherokee Indian offers interactive exhibits, and a first class artifact collection. Open year-round. 828-497-3481.

Oconaluftee Indian Village, a living, authentic replica of a 1750 Cherokee Village - Guided Tours. May 15 through October 25th. 828-497-2111 or 2315.

Qualla Arts and Crafts, outstanding Indian owned and operated arts and crafts cooperative featuring baskets, pottery, wood sculpture and bead work. 828-497-3103.

Unto These Hills, an outdoor drama portraying the history of the Cherokee people. 8:30 p.m. nightly, except Sundays, June 12 through August 23. Toll free 866-554-4557.



**Combination Tickets
Available For:**

The Museum of the Cherokee Indian
and
Oconaluftee Indian Village

On the Cherokee Indian Reservation
US Highway 441 North, Cherokee North Carolina 28719
Adjacent to Great Smoky Mountains National Park

Advertiser 24

Boone KOA Kampground

Beautiful views, pull-thrus, full hook-ups, camping cabins, tent sites, store, laundry, mini-golf, playground, hot showers. 123 Harmony Mtn. Lane, Boone, NC 28607 (828) 264-7250.

www.koa.com

Advertiser 25

Summer Getaway!

Cozy vacation cabin at Twin Harbor Resort on Lake Tillery, near Morrow Mountain State and Uwharrie National Parks. \$85.00 nightly. (919) 542-1958 www.getcabinfever.com

Advertiser 26

Emerald Isle, NC

Camp Ocean

Forest Campground

Camping next to the ocean. Call for rates and reservations. (252) 354-3453

www.campoceanforest.com

Advertiser 27

An Appalachian Summer Festival

June 27 - July 26, 2003

Featuring...

- North Carolina Symphony Pops
- Parsons Dance Company
- Mingus Big Band
- Mark O'Connor with Natalie MacMaster
- Eastern Philharmonic Orchestra
- BeauSoleil avec Michael Doucet
- Asheville Chamber Ensemble
- Asheville Outdoor Sculpture
- Appalachian and Exhibition
- Appalachian Cultural Exhibition

Plus... arts workshops, theatre readings, children's fireworks, concert and more!

ON THE CAMPUS OF
APPALACHIAN STATE UNIVERSITY, BOONE, NC
8:00-5:00 PM (ME 10-5)
www.appsummer.org

Advertiser 28

Blue Ridge Mountain Hospitality



Alleghany County, N.C.

You'll feel at home as soon as you reach our little corner of the mountains. We'll make sure of that with friendly people, quiet nights, fabulous music, and outdoor spaces that touch your soul. Slow down and breathe easy while you laze in a rocking chair. Or explore our inviting mountains and the historic New River. Come visit us soon.

May 16-18

Blue Ridge Sports Car Hillclimb

Aug. 20-25

Alleghany County Fair

Sept. 27

Mountain Heritage Festival

800/372-5473 • sparta-nc.com
info@sparta-nc.com

Advertiser 29



TREASURE COVE CABINS

Enjoy your Smokey Mountain vacation in a new log cabin. Complete with a fireplace, Jacuzzi, massage table, central heat and A/C, full kitchen, TV, gas grill, washer/dryer, and covered porch. A stone's throw away from the river and just minutes from the Blue Ridge Parkway. Close to all area attractions. Come find your treasure at Treasure Cove Cabins.

828-627-6037

www.treasurecovecabins.com

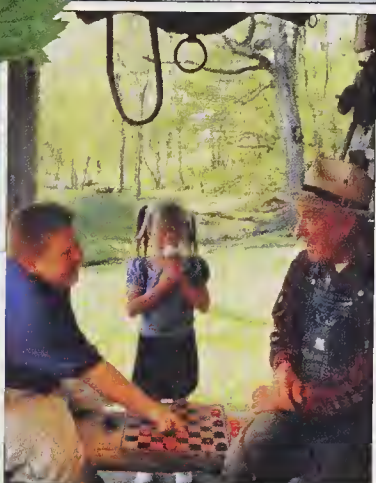
Advertiser 30



NORTH CAROLINA'S HIGH COUNTRY

Where Fun Is Measured In Mountains!

For More Information Contact: North Carolina High Country Host
800-438-7500 • www.mountainsofnc.com



MITCHELL COUNTY

800-227-3912
www.mitchell-county.com

Advertiser 31



TWEETSIE RAILROAD

800-526-5740
www.tweetsie.com

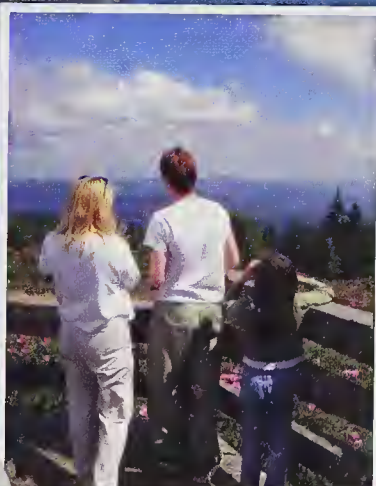
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GRANDFATHER MOUNTAIN

800-468-7325
www.grandfather.com

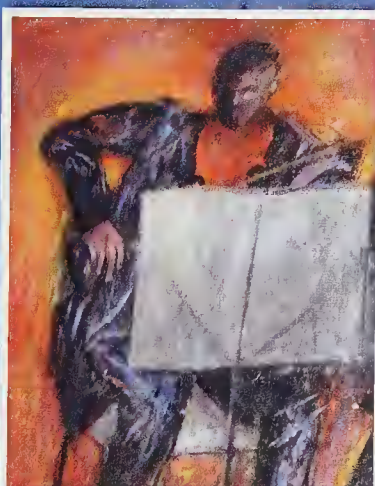
Advertiser 33



VISIT BOONE, NC

800-852-9506
www.visitboonenc.com

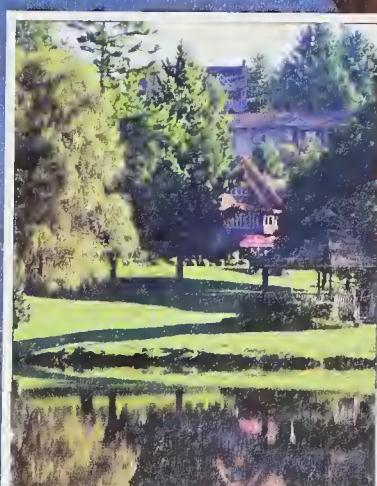
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APPALACHIAN SUMMER

800-841-ARTS
www.appsummer.org

Advertiser 35



CHETOLA RESORT

800-243-8652
www.chetola.com

Advertiser 36

The Albemarle

TRAVEL INFORMATION

Ahoskie Chamber.

(252) 332-2042

Chowan County Tourism.

(252) 482-3400

www.co.chowan.nc.us/

Dismal Swamp Canal Visitor Center, Camden County.

(252) 771-8333

www.icw.net./DSCwelcome

Edenton-Chowan.

(252) 482-3400/(800) 775-0111

www.edenton.com

Elizabeth City Area Chamber.

(252) 335-4365

www.elizabethcitychamber.org

Gates County Manager.

(252) 357-1240

Greater Tyrrell County Chamber.

(252) 796-1996

Historic Albemarle Tour.

(800) 734-1117

www.historicalbemarletour.com

Martin County Chamber.

(252) 792-4131

www.martincountync.com

Martin County Travel & Tourism.

(800) 776-8566

www.visitmartincounty.com

Murfreesboro Historical Association.

(252) 398-5922

N.C. Northeast Partnership.

(252) 482-4333/(888) 872-8562

www.ncnortheast.com

Perquimans County Chamber.

(252) 426-5657

www.perquimans.com

Tyrrell County Visitors Center.

(252) 796-0723

Washington County.

(252) 793-3248

www.washingtncountygov.com

Windsor/Bertie County Chamber.

(252) 794-4277

www.bertiecountync.com



The Albemarle Region boasts many historic districts featuring homes, shops and businesses.

ELECTRIC COOPERATIVES

Albemarle EMC (Hertford).

(252) 426-5735

Edgecombe-Martin County EMC (Tarboro).

(252) 823-2171

Roanoke Electric Cooperative (Rich Square).

(252) 539-2236

Tideland EMC (Pantego, Grantsboro, Ocracoke, Engelhard).

(252) 943-3046

PARKS AND RECREATION

Dixieland Motorsports Complex, Elizabeth City.

(252) 771-5151

East Carolina Motor Speedway, Robersonville.

(252) 795-3968

Eastern 4H Environmental Education Conference Center, Tyrrell County.

(252) 797-4800

Edenton-Chowan Recreation Department, Edenton.

(252) 482-8595

Edenton Harbor, Edenton.
(252) 482-7352

Elizabeth City State University Planetarium.
(252) 335-3759
www.ecsu.edu/Tracy/planetarium/ecsuplanetarium.html

Farm Life Disc Golf, Williamston.
(252) 792-3196

Fun Junktion, Pasquotank County.
(252) 337-6600
www.skateboardparks.com/northcarolina/funjunktion/

Liverman Park and Mini-Zoo, Windsor.
(252) 794-4277

Mariners' Wharf.
Acclaimed for the Elizabeth City Rose Buddies.
(252) 335-4365

Missing Mill Park, Hertford.
Canoe launch site.
(252) 426-5695

Northeast Dragway, Inc., Hertford.
(252) 264-2066/(252) 264-3430

Partnership for the Sounds, Columbia.
(252) 796-1000
www.partnershipforthesounds.org

Perquimans County Parks & Recreation, Hertford.
(252) 426-5695

Pettigrew State Park, Creswell.
(252) 797-4475
<http://ils.und.edu/parkproject/pett.html>

Roanoke/Cashie River Center, Windsor.
(252) 794-2001

Roanoke River Canoe Trail.
Four platforms open for camping in Lower Roanoke Region.
(252) 794-2793
www.roanokeriverpartners.org

Scuppernong River Interpretive Boardwalk, Columbia.
Wetlands Walk.
(252) 796-1000

Sen. Bob Martin Eastern Agricultural Center, Williamston.
Indoor arena for horse events, truck pulls, etc.
(252) 792-5802
www.agr.state.nc.us/markets/facility/agcenter/william

TCOM L P, Weeksville.
Airship hangar.
(252) 338-3200

U.S. Coast Guard Air Station, Elizabeth City.
(252) 335-6000

Veteran's Park on the Scuppernong, Columbia.
(252) 796-1371

Walter B. Jones, Sr. Center for the Sounds, Columbia.
(252) 796-3008

Waterfront Park, Elizabeth City.
(252) 338-3981

The Whalehead Club, Corolla.
(252) 453-9040

HISTORICAL

Asa Biggs House, Williamston.
(252) 792-6605

Camden County Jail, Camden.
Built in 1910, restored.
(252) 338-1919

Davenport House, Creswell.
(252) 793-3248

Episcopal Cemetery, Elizabeth City.
Some burial sites date back to 1724.
(252) 335-0346

Fort Branch Historic Site, east of Hamilton.
Confederate earthworks.
(800) 776-8566
www.fortbranchcivilwarsite.com

Historic Albemarle Tour.
(800) 734-1117
www.historicalbemarletour.com

Historic Columbia Walking Tour.
(252) 796-2781

Historic Edenton Visitor Center.
(252) 482-2637

Historic Hamilton Walking Tour.
(252) 798-4481

Historic Hertford and Walking Tour, Hertford.
(252) 426-5657

Historic Districts Walking Tours, Elizabeth City.
(252) 335-4365

Historic Murfreesboro.
Early river port.
(252) 398-5922

Historic Plymouth.
(252) 793-1377

Historic Williamston.
(252) 792-6605

Historic Williamston Walking Tour.
(252) 792-6605

Historic Windsor.
Self-guided walking tour.
(252) 794-4277

Hope Plantation, Windsor.
Restored, early 1800s home of N.C. Governor and U.S. Senator David Stone.
(252) 794-3140

Newbold-White House, Hertford.
Colonial Quaker Homestead.
www.newboldwhitehouse.com

Perquimans County Visitors Center.
(252) 426-5657

Somerset Place Historic Site, near Creswell.
Best example of slave-supported plantation life.
(252) 797-4560

ARTS AND CULTURAL

Chowan Arts Council.
(252) 482-8005

Bertie County Arts Council.
(252) 794-9402

Columbia Theater Cultural Resources Center, Columbia.
(252) 766-0200

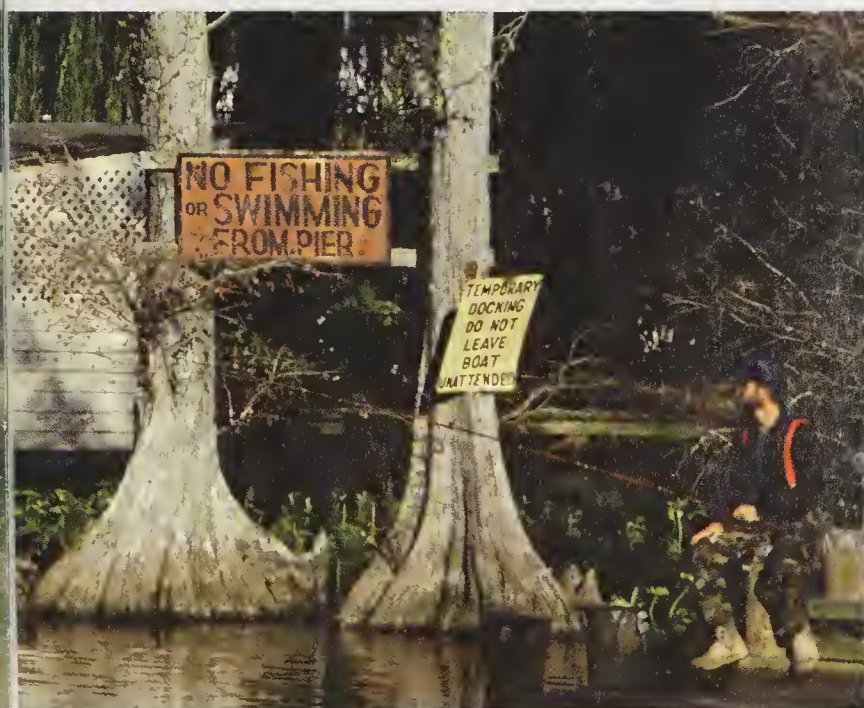
Gallery Theatre, Inc., Ahoskie.
(252) 332-2976

Main Street Stage, Elizabeth City.
Home of the Encore Theatre Company.
(252) 338-3382

Martin County Arts Center.
(252) 792-5142, ext. 243 (day) or
(252) 792-3745 (evenings)

Martin County Arts Council.
(252) 792-4361

In the cypress swamps of Camden County.





The Dismal Swamp Canal Visitor Center is the only one of its kind in the nation.

Pasquotank Arts Council Gallery.

(252) 338-6455

Perquimans Arts League & Center, Hertford.

(252) 426-3041

Pocosin Arts, Columbia.

(252) 796-2787

Washington County Arts Council.

(252) 793-9321

Watermark Association of Artisans.

Craft cooperative.

(252) 338-0853

MUSEUMS

Ahoskie Museum, Ahoskie.

Located in the Garrett House.

(252) 332-2042

Brady C. Jefcoat Museum, Murfreesboro.

Extensive Early American collection.

(252) 398-8054/(252) 398-5922

C.S. Brown Regional Cultural Center and Museum, Winton.

A 1926 schoolhouse museum of African-American history and arts.

(252) 358-1127

Museum of the Albemarle, U.S. 17, Elizabeth City.

Exhibits of life in northeastern North Carolina.

(252) 335-1453

Port O' Plymouth Museum.

(252) 793-1377

Roanoke/Cashie River Center, Windsor.

(252) 794-2001

St. James Place Museum, Robersonville.

Restored primitive Baptist Church with N.C. folk art. By appointment only.

(252) 795-3936/(252) 795-4719

WILDLIFE AREAS

Alligator River Refuge, Columbia.

(252) 473-1131

www.outer-banks.com/alligator-river/

Dismal Swamp Wetlands & Boardwalk Project.

Observation tower, biking, hiking, fishing, boating and hunting.

(252) 335-3375

Great Dismal Swamp National Wildlife Refuge.

Only live peat bog on the continent.

(757) 986-3907

<http://albemarle-nc.com/gates/gdsnwr>

Mackay's Island National Wildlife Refuge, Knotts Island.

(252) 429-3100

www.albemarle-nc.com/knotts-island/mackay.htm

Merchants Millpond State Park, U.S. 158 in Gates County.

(252) 357-1191

www.albemarle-nc.com/gates/millpond.htm

Morningstar Nature Refuge, Williamston.

Private refuge. Tours by appointment only.

(252) 792-7788

Palmetto-Peartree Preserve, Columbia, Tyrrell County.

(919) 967-2223

Pettigrew State Park, south of Creswell.

Contains some of the state's last virgin forests, offers campsites, primitive and RV.

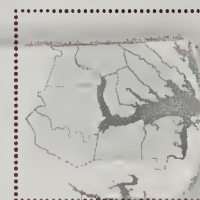
(252) 797-4475

Pocosin Lakes National Wildlife Refuge, Creswell/Columbia.

(252) 796-3004

Roanoke River National Wildlife Refuge.

(252) 794-5326



Outer Banks & Pamlico

TRAVEL INFORMATION

Aycock Brown Welcome Center, Kitty Hawk.
(252) 261-4644
www.outerbanks.com/dare/brown.htm

Belhaven Community Chamber.
(252) 943-3770.
www.belhavenchamber.com

Crystal Coast Tourism Authority.
(800) 786-6962/(252) 726-8148
www.sunnync.com

Corolla/Currituck Chamber.
(252) 453-9497/(877) CURRITUCK
www.currituckchamber.org

Dare County (Duck).
(252) 473-1101
www.co.dare.nc.us/

Havelock.
(252) 447-1101
www.havelockchamber.net

Historic Albemarle Tour,
(800) 734-1117
www.historicalbemarletour.com

Historic Bath Visitor Center.
(252) 923-3971
www.ah.dcr.state.nc.us/sections/h/bath/bath.htm

Hyde County Chamber.
(252) 926-9171/(888) 493-3826
www.hydecountry.org

New Bern/Craven County Convention and Visitor Center.
(800) 437-5767
www.visitnewbern.com

N.C. Ferries.
(800) BY-FERRY
www.ncferry.org

Ocracoke NPS Visitor Center.
(252) 928-4531

Outer Banks Chamber.
(252) 441-8144

Outer Banks Visitors Bureau.
(800) 446-6262/(252) 473-2138

Pamlico County Visitor Center.
(252) 745-3008
www.pamlico-nc.com

Washington/Beaufort County Visitor Information.
(252) 946-9168/(800) 999-3857
www.originalwashington.com



This year marks the 100th anniversary of powered flight by the Wright Brothers in Kitty Hawk. For centennial events information, call (919) 840-2003 or send e-mail to info@firstflightcentennial.com

ELECTRIC COOPERATIVES

Cape Hatteras Electric Cooperative (Buxton).
(252) 995-5616

Carteret-Craven Electric Cooperative (Morehead City).
(252) 247-3107

Harkers Island EMC (Harkers Island).
(252) 728-2593

Tideland EMC (Pantego, Grantsboro, Ocracoke, Engelhard).
(252) 943-3046

RECREATION

A Day at the Farm, west of New Bern.
(252) 514-9494
www.adayatthefarm.com

Albemarle Chesapeake Canal, Coinjock.
www.midwaymarina.com

Biking Pamlico.
(252) 745-3008

Bogue Inlet Fishing Pier, Emerald Isle.
(252) 354-2919

Cape Hatteras National Seashore. 75 miles.
(252) 473-2111



**Cape Lookout National Seashore,
Harkers Island office.**

(252) 728-2250
www.nps.gov/cal

**Cherry Point Marine Corps Air
Station, Havelock/Cherry Point.**

(252) 466-4906

**Coastal Engineering Research
Center, Duck.**

800-ft. research pier.
(252) 473-1101

**Coastal Kayak Outfitters, New
Bern.**

(252) 636-0373

Corolla Wild Horses.

(252) 453-8152
www.corollawildhorses.com

**Cow Cafe at Maola Dairy, New
Bern.**

(252) 638-1131

**Craven Creekside Park, New
Bern.**

(252) 636-6606

East Coast Helicopter Rides.

(252) 504-6359

Fort Totten Park, New Bern.

(252) 636-4060

**Foundation for Shackleford
Horses.**

(252) 728-6308
www.shacklefordhorses.org

Glenburnie Park, New Bern.

(252) 636-4137

Hammocks Beach State Park.

Undeveloped island, ferry serv-
ice, ranger programs.
(910) 326-4881

**Jockey's Ridge State Park, Nags
Head.**

East Coast's highest sand dune.
(252) 441-7132

Kidsville, New Bern.

(252) 636-4138

Knoles Island Ferry.

(252) 222-2683
www.turnlock.nc.us/KIFerry.html

Lake Landing Driving Tour.

(252) 926-9171/ (888) 493-3826

Lawson Creek Park, New Bern.

(252) 636-4137

Morehead City Fishing Center.

Charter fishing in the Cape

Lookout region.

(800) 572-9209
www.mcfishcenter.com

Mule Train Beach Tours.

Cape Lookout lighthouse to
Cape Point.
(252) 728-3575

**Neuse River Recreation Area,
New Bern.**

(252) 638-5628

**North Carolina Aquarium at Pine
Knoll Shores.**

(252) 247-4003
www.aquariums.state.nc.us/Aquariums

**North Carolina Aquarium on
Roanoke Island.**

(252) 473-3494
www.aquariums.state.nc.us/Aquariums

Ocracoke Campground.

Run by the National Park
Service.
(800) 365-CAMP

Ocracoke Pony Pens.

About six miles from Hatteras
ferry landing.
(252) 928-4531

Oregon Inlet Campground.

Run by the National Park
Service.
(252) 473-2111

Oregon Inlet Fishing Center.

Center of sportfishing on the
Outer Banks.
(800) 272-5199/(252) 441-6301

Paddle Trails of Pamlico County.

(252) 745-3008
www.pamlico-nc.com

Partnership for the Sounds.

(252) 796-1000
www.partnershipforthesounds.org

Union Point Park, New Bern.

(252) 626-6606

**Whalehead Club, Ocean Trail,
Corolla.**

28.5 acres of land open to public.
(252) 453-9040
www.whaleheadclub.com

HISTORICAL

Attmore-Oliver House, New Bern.

Built in 1790.
(252) 638-8558

Beaufort Historic Site.

Historic houses.
(252) 728-5225/(800) 575-SITE
www.historicbeaufort.com

Birthplace of Pepsi, New Bern.

Pepsi invented in 1898.
(252) 636-5898.
www.pepsistore.com

**Bodie Island Lighthouse, south
of Nags Head.**

(252) 441-5711
www.outerbanks.com/bodielight/

British Cemetery, Ocracoke.

Memorial to four British sailors.
(252) 928-7535

**Cape Hatteras Lighthouse and
Visitor Center.**

Tallest lighthouse in the U.S.
(252) 995-4474
www.hatteras-nc.com/light/

Cape Lookout Lighthouse.

(252) 728-2250

**Chicamacomico Lifesaving
Station, Rodanthe.**

Restored.
(252) 987-1552
www.chicamacomic.org

**Coinjock Bridge Bell Monument,
Barco.**

(252) 453-8345



The Elizabeth II, a replica of the ship sailed by Sir Walter Raleigh's colonists in the 1580s, is a State Historic Site in Manteo.



Wild horses have lived on the Outer Banks since the 1500s. For information about these Shackleford Banks ponies, visit www.shacklefordhorses.org

Colington Island.

Site of the first permanent settlement on the Outer Banks.
(252) 473-2138

Corolla Chapel, Currituck.

Century-old chapel.
(252) 441-7220

Corolla Post Office and General Store.

(252) 453-9497
www.currituckchamber.org

Currituck Beach Lighthouse, Corolla.

(252) 453-8152
www.currituckbeachlight.com

Currituck Confederate War Memorial, Currituck.

(252) 232-2525

Currituck County Jail.

One of the state's oldest.
(252) 232-2525
www.currituckchamber.org

Currituck Courthouse.

(252) 453-9497
www.co.currituck.nc.us/profile

Davenport Homestead, between Roper and Creswell

(252) 793-3248

Elizabeth II State Historic Site, Manteo.

Reproduction of a 16th century English sailing vessel the Elizabeth II.
(252) 475-1500

Elizabethan Gardens, Roanoke Island.

A memorial to English colonists.
(252) 473-3234

Fort Macon State Park. Off N.C. 58, outside of Atlantic Beach.

(252) 726-3775
www.clis.com/friends

Fort Raleigh National Historic Site, Roanoke Island.

Sir Walter Raleigh's "lost" colony.
(252) 473-5772

Historic Albemarle Tour.

(800) 734-1117
www.historicalbemarletour.com

Historic Bath Tour.

North Carolina's first town.
(252) 923-3971

Historic Corolla Village.

(800) 489-4339
www.twiddy.com

Historic Ocracoke.

(252) 928-7375

Historic Washington.

(252) 946-9168/(800) 999-3857
www.washingtonnctourism.com

Mattamuskeet Lodge.

(888) 493-3826

National Cemetery, New Bern.

(252) 637-2912

New Bern Historic Trolley Car Tour.

(800) 849-7316
www.newberntours.com

Ocracoke Lighthouse.

(252) 928-7375

Portsmouth Village.

Uninhabited 18th-century shipping village maintained by the National Park Service.
(252) 728-2250

Rehoboth Church, US 64E, Roper.
(252) 793-3248

Saint Thomas Episcopal Church, Bath.

Oldest church in North Carolina.
(252) 923-3971

Trader Store, Havelock.

(252) 447-0014

Somerset Place, Creswell.

State Historic Site offers a glimpse of plantation life.
(252) 797-4560

Tryon Palace Historical Sites and Gardens, New Bern.

Home of William Tryon, governor of the colony.
(800) 767-1560/(252) 514-4900
www.tryonpalace.org

Wright Brothers National Memorial, Kill Devil Hills.

Site of first airplane flight.
(252) 441-7430.
www.outerbanks.com/wrightbrothers/

ARTS AND CULTURAL

Accidental Artist, New Bern.

(252) 634-3411

American Music Festival.

Chamber music series.
(252) 504-3787

Bank of Arts, New Bern.

Home of the Craven Arts Council and Gallery.
(252) 638-2787

Beaufort County Arts Council, Washington.

(252) 946-2504
www.beaufortcountyartscouncil.org

Down East Folk Arts Society.

Concerts and contra dancing.
(252) 726-2399

"The Lost Colony," Roanoke Island.

Outdoor symphonic drama, in summer.
(800) 488-5012/ (252) 473-3414
www.thelostcolony.org/

The New Bern Civic Theatre.

(252) 633-0567

Pamlico County Cultural & Civic Center.

(252) 249-0477

Roanoke Island Festival Park, Manteo.

(252) 475-1500

"Worthy Is the Lamb,"

Swansboro.

Musical drama at Crystal Coast Amphitheatre, during summer.
(252) 393-8373/
(800) 662-5960

MUSEUMS

Airplane Aviation Museum, Havelock.

(252) 447-1101

Aurora Fossil Museum, Aurora.

Geology of the coastal plain.
(252) 322-4238
www.pamlico.com/aurora/fossils

Belhaven Memorial Museum.

Unusual collection.
(252) 943-6817

Core Sound Waterfowl Museum, Harkers Island.

(252) 728-1500
www.coresound.com

The Fireman's Museum, New Bern.

(252) 636-4087

Frisco Native American Museum and Natural History Center.

(252) 995-4440

Graveyard of the Atlantic Museum.

(252) 986-2995

The History Place, Morehead City. Carteret County Museum of History & Art.

(252) 247-7533
www.rootsweb.com/~nccchs

New Bern Firemen's Museum.

(252) 636-4087

North Carolina Maritime Museum, Beaufort.

(252) 728-7317
www.ah.dcr.state.nc.us/maritime/default.htm

Ocracoke Preservation Society Museum.

(252) 928-7375

Port O'Plymouth Museum, Plymouth.

Civil War museum.
(252) 793-1377

Whalehead Club, Ocean Trail, Corolla.

28.5 acres of land open to public.

(252) 453-9040

www.whaleheadclub.com

WILDLIFE AREAS

Alligator River National Wildlife Refuge.

(252) 473-1131

www.outer-banks.com/alligator-river/

Cape Hatteras National Seashore.

(252) 473-2111

Carrot Island/Rachel Carson Estuarine Reserve.

Across Taylor's Creek from the Beaufort waterfront.

(252) 728-2170

www.ncnerr.org/cerf

Cedar Island National Wildlife Refuge.

(252) 225-2511

Croatan National Forest, south-east of New Bern.

(252) 638-5628

Currituck Banks National Marine Estuarine Reserve.

(252) 429-3100

Currituck National Wildlife Refuge, Corolla.

(252) 429-3100

<http://fws.gov/~r4eao>

Goose Creek State Park, Washington.

Boating, wildlife, camping, fishing.

(252) 923-2191

www.ncsparks.net

Gull Rock Game Land.

(919) 733-7291

Mackay Island National Wildlife Refuge, adjacent to Knotts Island.

(252) 429-3100

<http://southeast.fws.gov>

Mattamuskeet/Swan Quarter National Wildlife Refuge.

(252) 926-4021

Nags Head Woods Preserve.

(252) 441-2525

North Carolina Estuarium, Washington.

(252) 948-0000

www.partnershipforthesounds.org

Pea Island National Wildlife Refuge.

Bird sanctuary.

(252) 473-1131

Pocosin Lakes National Wildlife Refuge.

(252) 796-3004

Theodore Roosevelt State Natural Area, between Atlantic Beach and Pine Knoll Shores.

(252) 726-3775



The 1,600-acre Goose Creek State Park on the Pamlico River offers primitive camping and boating.

Recipe

From the Ocracoke Cookbook

FIG CAKE

"Ocracoke's most popular cake"

1 cup salad oil
1½ cup sugar
3 eggs
1 teaspoon soda, dissolved in a little hot water

2 cups flour
1 teaspoon nutmeg
1 teaspoon allspice
1 teaspoon cinnamon
1 teaspoon salt
½ cup buttermilk
1 teaspoon vanilla
1 cup preserved figs chopped*
1 cup chopped nuts

Beat eggs; add sugar and oil. After sifting dry ingredients, add to egg mixture alternately with buttermilk. Add vanilla and fold in figs and nuts. Pour into greased oblong or bundt pan and bake at 325 degrees for 45 minutes to 1 hour, or in a well greased tube pan at 350 degrees just a little longer.

*Chopped dates may be substituted for figs.



photo courtesy of N.C. Division of Tourism, Film and Sports Development.

Surf fishing, Outer Banks

Roanoke Rapids to Kinston

TRAVEL INFORMATION

Benson Chamber.
(919) 894-3825

Clayton Chamber.
(919) 553-6352
www.claytonchamber.com

Eastern N.C. Chamber.
(919) 237-5151

Farmville.
(919) 753-4670

Greater Goldsboro Travel & Tourism.
(919) 734-2245/(866) 440-2245
www.greatergoldsboro.com

Greenville/Pitt County CVB.
(800) 537-5564

Halifax County Tourism.
(800) 522-4282
www.visithalifax.com

Historic Albemarle Tour.
(800) 734-1117
www.historicalalbemarletour.com

Johnston County Visitors Bureau.
(800) 441-7829
www.johnstonco-cvb.org

Kenly Chamber.
(919) 284-5510

Kinston-Lenoir County Chamber.
(252) 527-1131
www.commercekinstonlc.com

Kinston CVB.
(800) 869-0032
www.visitkinston.com

LaGrange.
(252) 527-1131

Lake Gaston Chamber and Visitors Center.
(252) 586-5711/(866) 730-5711
www.lakegastonchamber.com

Mt. Olive Area Chamber.
(919) 658-3113
www.ncpicklefest.org

Nash County Visitors Bureau.
(800) 849-6825
www.RockyMountTravel.com

N.C. Welcome Center (I-95 North).
(252) 537-9836

N.C. Welcome Center (I-85 North).
(252) 456-3236

Roanoke Valley Chamber.
(800) 522-4282
www.rvchamber.com

Rocky Mount.
(252) 972-1151
www.ci.rocky-mount.nc.us/

Scotland Neck.
(252) 826-3917

Smithfield-Selma Area Chamber.
(919) 934-9166
www.smithfieldselma.com

Tarboro-Edgecombe Chamber.
(252) 823-7241

Warren County EDC
(252) 257-3114
www.warrencountync.org,
www.ridgewaync.com

Wayne County Chamber.
(919) 734-2241

Wilson Visitors Bureau.
(800) 497-7398/(252) 243-8440
www.wilson-nc.com

ELECTRIC COOPERATIVES

Edgecombe-Martin County EMC (Tarboro).
(252) 823-2171

Halifax EMC (Enfield).
(252) 445-5111

Pitt & Greene EMC (Farmville).
(252) 753-3128

Roanoke Electric Cooperative (Rich Square).
(252) 539-2236

Tri-County EMC (Dudley).
(919) 735-2611

RECREATION

Clayton Parks & Recreation.
(919) 553-1550

Factory Stores of America, Exit 96, I-95 in Smithfield.
85 outlets.
(919) 989-8757

City of Antiques, Wilson.
(800) 497-7398

Cliffs of the Neuse State Park, Seven Springs.

751 acres riverfront.
(919) 778-6234
<http://ils.unc.edu/parkproject/ncparks.html>

JR's Tobacco & Fragrance Outlet, Selma.
(919) 965-5055

Kerr Lake State Recreation Area.
(252) 438-7791

Kids World Playground, Mount Olive.
(919) 658-9539

Kinston Drag Strip.
(252) 522-9551

Kinston Indians.
Minor league baseball.
(252) 527-9111

Little River Tours, Goldsboro.
Guided canoe trips.
(919) 735-6529

Neuseway Nature Park, Campground and Planetarium, Kinston.
(252) 939-3367

River Falls Park, Weldon.
Overlook the rapids, hike and picnic. Rockfish capital of the world.
(800) 522-4282

Roanoke Canal Trail.
Seven-mile trail follows the canal bed from Roanoke Rapids Lake to Lake Gaston.
(800) 522-4282
www.visithalifax.com

Selma Antiques Mecca.
Over 15 antique stores.
(919) 965-9841

Southern National Speedway.
Kenly, NASCAR April-October.
(919) 284-1114

Stoney Creek Greenway Trail, Goldsboro.
Part of N.C. Mountains-to-the-Sea Trail.
(919) 734-2245



Warren County Antique Shops.
(252) 257-3114
www.warrenton-nc.com

Warren County Entertainment.
Weekly bluegrass performances, history, and other area information.
www.ridgewaync.com/

Wayne County Speedway & Dragstrip, Pikeville.
(919) 242-6680

Wayne County Trail.
Part of N.C. Mountains-to-the-Sea Trail.
(919) 734-2245

Wilson Rose Garden.
140 varieties.
(800) 497-7398
www.wilson-nc.com/wct_rose_garden.html

HISTORICAL

Atkinsons Mill, outside Selma.
240-year-old operating grist mill. Tours.
(919) 965-3547

Bentonville Battleground, Four Oaks.
Site of N.C.'s largest land Civil War battle.
(910) 594-0789

Blount-Bridgers House, Tarboro.
1808 plantation home includes the Hobson Pittman Memorial Art Gallery.
(252) 823-4159

Boyette-Slave and School House, Kenly.
Historic, one-room log house.
(919) 284-3431

Buck Spring Plantation, Warrenton.
Home of early political leader.
(252) 257-3640

Gov. Charles B. Aycock Birthplace, Fremont.
Boyhood home of state's "Education Governor," including 19th-century farmstead, 1893 schoolhouse and modern visitors center.
(919) 242-5581
www.esn.net/~aycock/

College View Historic District, Greenville.
An early 20th century residential neighborhood.
(252) 329-4487

CSS Ram Neuse State Historic Site and Richard Caswell Memorial, near Kinston.
Restored remains of Neuse ironclad vessel.
(252) 522-2091

East Carolina Village of Yesteryear, Greenville.
Agricultural life of the area from 1840-1940. On county fairgrounds.
(252) 329-4200

Grifton Depot, Grifton.
1920 railroad depot.
(252) 524-5169

Harmony Hall, Kinston.
Once owned by 1770s Gov. Richard Caswell.
(800) 869-0032

Heritage Place, Kinston.
Lenoir Community College.
(252) 527-6223

Historic Albemarle Tour.
(800) 734-1117

Historic Halifax.
Restored buildings, film, exhibits and tours of the town that spawned America's independence in 1776.
(252) 583-7191

Historic Jackson.
(252) 534-3811

Historic Tarboro.
(252) 823-4159

Historic Warren County.
(252) 257-3114
www.warrencountync.org

Historic Warrenton.
(252) 257-3315
www.warrenton-nc.com

Johnston County Heritage Center, Smithfield.
(919) 934-2836

Mount Olive Historic District.
Listed on National Register of Historic Places.
(919) 658-3113

Norlina Community Development Association.
(252) 456-2406
www.norlina.com

Roanoke Canal Trail, Roanoke Rapids.

Seven miles along early 19th century canal.
(800) 522-4282
www.visithalifax.com

Robert Lee Humber House, Greenville.
Contains eastern office of state Division of Archives and History.
(252) 830-6580

Selma Railroad Depot.
Historic Amtrak station.
(919) 965-9841

Stonewall Manor, Rocky Mount.
1830 plantation house with furnishings.
(252) 972-5080

Tarboro Historic District & National Recreation Trail.
(800)-TARBORO

Waynesborough Village, Goldsboro.
19th-century village, includes family home, medical office, one-room school, law office and Quaker Meeting House.
(919) 731-1653
www.wcpl.org/waynesborough.htm

Willow Oak Cemetery, Goldsboro.
Mass grave of 800 Civil War soldiers, both Confederate and Union.
(919) 734-2245

ARTS AND CULTURAL

Arts Council of Johnston County, Clayton.
(919) 553-1930

Arts Council of Wayne County, Goldsboro.
(919) 736-3300

Arts Council of Wilson.
(252) 291-4329

Boykin Cultural Center, Wilson.
(252) 291-4329

Clayton Center, Clayton.
(919) 553-3152

Community Council for the Arts, Kinston.
Galleries, studios, historic district.
(252) 527-2517

Dunn Center for the Performing Arts, Rocky Mount.
(252) 985-5428

"First For Freedom," Halifax.
Outdoor drama about the Halifax Resolves.
(800) 522-4282



Kids experience hands-on activities at the Neuseway Nature Center, located at the Neuseway Nature Park in Kinston.

Recipe

Betty's Bed & Breakfast

Wilson

APPLESWIRL CAKE

2 cups apples
3 tablespoons sugar
1 teaspoon cinnamon
2 cups sugar
1 cup cooking oil
4 eggs

$\frac{1}{4}$ cup orange juice
2 teaspoons vanilla
3 cups sifted flour
1 tablespoons baking powder
 $\frac{1}{2}$ teaspoon salt

Peel, core and chop apples into small pieces. Mix together with 3 table-
spoons sugar and cinnamon. Set aside. In large bowl, combine sugar and
cooking oil, beat. Add eggs, orange juice and vanilla. Sift together flour,
baking powder and salt; add to creamed mixture. Beat until smooth. Pour
one third of batter into greased and floured 12-cup Bundt pan alternating
with half of apple mixture. Repeat. End with layer of batter on top. Bake
at 325 degrees for 60 minutes or until cake tests done. Cool in pan 10 to
15 minutes; turn out on wire rack or serving plate to complete cooling.
Sprinkle with confectioners sugar.

Independence Station, Halifax.
Co-op gallery of crafters and
artists.
(252) 583-2278

Kinston Bluegrass Association.
(252) 527-1066

Lakeland Cultural Arts Center,
Littleton.
Year-round dinner theater.
(252) 586-3124

Paramount Theatre, Goldsboro.
(919) 734-4511

Playhouse Community Theater,
Rocky Mount.
(252) 972-1441

Pitt County Arts Council.
(252) 757-1785

Rocky Mount Arts Center.
(252) 972-1163
www.ci.rocky-mount.nc.us/arts-center/

Warren County Arts Council.
(252) 257-9383

Wellington B. Gray Gallery,
Greenville.
African art objects.
(252) 328-6336

MUSEUMS

Ava Gardner Museum, Smithfield.
All about the legendary actress
and county native.
(919) 934-5830
www.avagardner.org/

Caswell Center Museum and
Visitors Center, Kinston.
(252) 559-5125

Caswell No. 1 Fire Station
Museum, Kinston.
(252) 527-1566

Cherry Hospital Museum,
Goldsboro.
Depicts more than a century of
history, with photos, log books,
medical and farming equip-
ment.
(919) 731-3483

Children's Museum, Rocky
Mount.
(252) 972-1167

Country Doctor Museum, Bailey.
(252) 235-4165

Fremont Heritage Museum.
History of Fremont, with pho-
tos, local business ledgers, farm
tools, railroad collection.
(919) 734-2245

Greenville Museum of Art.
Features 19th and 20th century
American art and the state's
largest public collection of
Jugtown Pottery.
(252) 758-1946
www.greenvillemuseum.org/

Grifton Historical Museum,
Grifton.
Pre-historic and Tuscarora
Indian artifacts.
(252) 524-5168

Imagination Station, Wilson.
Hands-on science museum
geared to children.
(252) 291-5113

May Museum and Park,
Farmville.
May family artifacts and large
quilt collection.
(252) 753-5814

Norlina Train Museum.
(252) 456-2406
www.norlina.com/museum.html

Spring Hope Historical Museum.
(252) 478-3213

Tobacco Farm Life Museum,
Kenly.
(919) 284-3431

Wayne County Museum,
Goldsboro.
(919) 734-5023
www.historicalwaynenc.com

Wilbur A. Tyndall Tractor
Museum, Pink Hill.
(252) 568-3261

WILDLIFE AREAS

Clemmons State Forest, Clayton.
Educational forest.
(919) 553-5651
www.dfr.state.nc.us

Howell Woods, Wayne County.
(919) 938-0115

Medoc Mountain State Park,
Halifax County.
2,287 acres, picnicking, canoe-
ing, camping.
(252) 445-2280

Waynesborough State Park,
Goldsboro.
142 acres.
(919) 734-2245
<http://ils.unc.edu/parkproject/ncparks.html>



The South Coast

TRAVEL INFORMATION

Bald Head Island Information Center.

(800) 234-1666
www.baldheadisland.com

Brunswick County, Shallotte.

(800) 426-6644/(910) 754-6644
www.brunswickcountychamber.org

Cape Fear Coast CVB

(Wilmington, Carolina Beach, Kure Beach, Wrightsville Beach).
(800) 222-4757/(910) 341-4030
www.cape-fear.nc.us

Greater Hampstead.

(910) 270-9642

Greater Jacksonville-Onslow.

(910) 347-3141
www.jacksonvilleonline.org,
www.onslowcountytourism.com

Greater Topsail Area (Surf City, Topsail Beach, North Topsail Beach, Sneads Ferry, Holly Ridge).

(800) 626-2780
www.topsailcoc.com

N.C. Brunswick Islands, Shallotte.

(800) 795-7263.
www.ncbrunswick.com

N.C. Ferries.

(800) BY-FERRY
www.ncferry.org

Onslow County Tourism (Topsail Island, Swansboro, Jacksonville, Holly Ridge, Sneads Ferry, Richlands, Camp Lejeune, MCAS-New River, Surf City).

(800) 932-2144
www.onslowcountytourism.com

Pender County (Burgaw).

(910) 259-9817.
www.burgawnc.org/

Pleasure Island (Carolina Beach, Kure Beach, Fort Fisher).

(910) 458-8434

Southeastern Welcome Center.

(910) 754-2505

Southport-Oak Island Area Chamber.

(800) 457-6964/(910) 457-6964
www.southport-oakisland.com

Southport Visitor Center, Southport.

(910) 457-7927

Swansboro.

(910) 326-1174

ELECTRIC COOPERATIVES

Brunswick EMC (Shallotte, Whiteville, Oak Island, Bolivia).
(910) 754-4391

Four County EMC (Burgaw, Elizabethtown, Rose Hill).
(910) 259-2171

Jones-Onslow EMC (Jacksonville, Sneads Ferry).
(910) 353-1940

RECREATION

30 Acres & A Mule, Jacksonville.
(910) 324-4499/(910) 324-1608

Adventure Company.

Kayak Tours.
(910) 233-5119
www.theadventurecompany.net

Airlie Gardens.

Off U.S. 74, Wilmington.
(910) 793-7531
www.airliegardens.org

Cape Fear Riverboat Cruises, Wilmington.

(800) 676-0162
www.cfrboats.com

Carolina Beach Pier.

(910) 458-5518

Chandler's Wharf, Wilmington.

Riverfront shopping and dining.
(910) 341-4030

Coastal Plains Raceway, Jacksonville.

NASCAR-sanctioned $\frac{4}{10}$ -mile oval track.
(910) 455-3555.
www.coastalplainsraceway.com

The Cotton Exchange, North Front Street, Wilmington.

Specialty shops and restaurants.
(910) 341-4030

N.C. Ferry at Fort Fisher.

Provides ferry service to Southport.
(800) BY-FERRY.
www.ncferry.org

Fort Fisher State Recreation Area.

(910) 458-5798.
<http://ils.unc.edu/parkproject/visit/fofi/home.html>

Greenfield Park. U.S. 421 South, Wilmington.

(910) 341-7852
www.ci.wilmington.nc.us/prd/greenfield_park.html

Henrietta III, Wilmington.

N.C.'s largest riverboat, cruises April-December.
(800) 676-0162
www.cfrboats.com.

Hollands Shelter Creek Outdoor Adventures, Burgaw.

(910) 259-3399/(910) 259-9666

Hugh MacRae Park, Wilmington.

Includes nature trail.
(910) 341-7181

Johnnie Mercer Pier, Wrightsville Beach.

(910) 256-2743

Jubilee Amusement Park, Carolina Beach.

(910) 458-9017
www.jubileepark.com

Jungle Rapids Family Fun Park, Wilmington.

(910) 791-0666
www.junglerapids.com

Karen Beasley Sea Turtle Rescue & Rehab Center, Topsail Beach.

(910) 328-3377/(910) 328-1000



Paddling in Hammocks Beach State Park near Swansboro. For more information, call (910) 326-4881.

Kayak Carolina Tours, Carolina Beach.

(910) 458-9111
www.kayakcarolina.com

Kure Beach Pier.

(910) 458-5524
www.kurebeachfishingpier.com

Lynwood Park Zoo. Hwy 258/24, Jacksonville.

Land mammals, exotic birds, waterfowl, hoofed stock.
(910) 938-5848

New Hanover County Arboretum, Wilmington.

(910) 452-6393
www.nhcgov.com/ces/cesmain.asp

North Carolina Aquarium at Fort Fisher.

(910) 458-8257
www.aquariums.state.nc.us/ff/index.htm

Oak Island Nature Center.

With live animals, talking tree trail, walkway, picnic area.
(910) 278-4747

Orton Plantation Gardens, south of Wilmington on N.C. 133.

Former rice plantation.
(910) 371-6851
www.ortongardens.com

Pro Canoe & Kayak Tours, Wilmington.

(910) 798-9922
www.procanoe.com

Salt Marsh Kayak, Wrightsville Beach.

(910) 509-2989
www.saltmarshkayak.com

Screen Gems Studios, Wilmington.

Weekend movie studio tours.
(910) 343-3433
www.screengemsstudios.com

Seagull Recreation, Jacksonville.

Miniature golf, driving ranges, lessons, batting cages, bumper cars, more.
(910) 346-1888

Southport Municipal Pier.

(910) 457-7927

Tote Em In Zoo.

(910) 791-0472
www.toteeminzoo.com

Wilmington Adventure Walking Tours.

(910) 763-1785



Winner Cruises, Carolina Beach.

(910) 458-5356
www.winnerboats.com

Wrightsville Beach Scenic Cruises.

(910) 350-BOAT
www.cruiseinc.net

HISTORICAL

Bald Head Island Lighthouse.

Accessible by ferry.
(800) 234-1666

The Battleship "NORTH CAROLINA," Wilmington.

Renovated World War II battleship.
(910) 251-5797.
www.battleshipnc.com

Beirut Memorial Wall, Jacksonville.

Honors 273 killed in October 1983 bombing.
(800) 932-2144

Bellamy Mansion, Wilmington.

Historic antebellum house in Wilmington's National Register District. Also includes Museum of History & Design Arts.
(910) 251-3700
www.bellamymansion.org

Brunswick Town State Historic Site, Columbus County.

First settlement in the Cape Fear area.
(910) 371-6613
<http://www.ah.dcr.state.nc.us/sections/hs/brunswic/brunswic.htm>

Burgwin-Wright House, Wilmington.

Colonial gentleman's townhouse.
(910) 762-0570
www.geocities.com/picketfence/garden/4354

Camp Lejeune Marine Corps Base.

Free self-guided tours of 25 historic sites.
(910) 451-2197

Fort Fisher Historic Site & Museum.

Civil War site.
(910) 458-5538
<http://www.ah.dcr.state.nc.us/sections/hs/fisher/fisher.htm>

Ghost Walk of Old Wilmington.

(910) 602-6055
www.hirchak.com

Horse-drawn Carriage and Trolley Tours, Wilmington.

(910) 251-8889
www.horsedrawntours.com

Mike's Farm, Richlands.

Hayrides, colonial living.
(910) 324-3422

Montford Point Reading Room, Camp Johnson, Jacksonville.

The "History of Black Marines in the Corps."
(910) 451-5992/(910) 451-2201

Moore's Creek National Battlefield, Currie.

US 421 north of Wilmington. Revolutionary War site.
(910) 283-5591.
www.nps.gov/mocr/

Pelletier House, Jacksonville.

Greek revival home, oldest structure in Jacksonville.
(910) 347-5287

Poplar Grove Historic Plantation, U.S. 17 at Scotts Hill.

(910) 686-9518
www.poplargo.com

Swansboro Historic District and Bicentennial Park.

(910) 326-1174

Walking Trail of Historic Southport.

Self-guided.
(910) 457-7927

Wilmington National Register Historic District.

(800) 222-4757

Wilmington Trolley Company.

Tours of historic district.
(910) 763-4483

ARTS AND CULTURAL

Brunswick Little Theater.

(910) 457-4553
www.brunswicklittletheater.com

Community Arts Center, Wilmington.

(910) 341-7860

Crystal Coast Amphitheatre, Swansboro.

International Choral Fest in May; "Worthy is the Lamb" outdoor drama in summer.
(800) 622-6278

Kenan Auditorium at UNC-Wilmington.

(910) 962-3500.
www.uncwil.edu/kenan

Louise Wells Cameron Art Museum, Wilmington.

(910) 395-5999
www.cameronartmuseum.com

Odell Williamson Auditorium, Brunswick Community College, Supply.

(910) 754-3133
www.bccowa.com/

Opera House Theatre Company, Wilmington.

(910) 762-4234

Recipe

Elijah's Restaurant Wilmington

CAROLINA CHOWDER

1½ cups finely chopped onions	Salt and pepper to taste
¾ cup finely chopped celery	24 cherrystone clams, steamed, chopped
1 cup butter	1 pound small shrimp, peeled, deveined
1½ cups flour	1 (8-ounce) can crab meat
1 (32-ounce) can clam juice, heated	1 pound bay scallops (optional)
8 cups milk, scalded	8 to 10 small red potatoes, chopped, steamed
1 cup dry cocktail sherry	
2 teaspoons Tabasco sauce	

Saute the onions and celery in the butter in a skillet until translucent. Stir in the flour. Cook for 3 to 5 minutes or until the mixture has the appearance of wet sand, stirring constantly and adding additional butter if needed. Remove from the heat. Add the clam juice, milk and cocktail sherry 1 at a time, whisking constantly until smooth. Return to the heat. Bring to boil, whisking constantly. Add the thyme, Tabasco sauce, salt and pepper. Reduce the heat. Simmer until the flour has cooked out of the chowder skimming the top several times. Add the clams, shrimp, crabmeat and bay scallops. Cook until tender. Stir in the potatoes and adjust the seasonings. May add additional milk or hot clam juice if the chowder is too thick. **Yield: 1 gallon**

Note: Do not substitute cooking sherry for the dry sherry. May use a combination of hot clam juice and chicken stock. May substitute half-and-half for ½ of the milk.

*Created by executive chef Vincent Drayton and chef Matt Karas
From "Seaboard To Sideboard," published by the Junior League of Wilmington*

Onslow County Museum, Richlands. Cultural and natural history.
(910) 324-5008

Pender County Museum, Burgaw.
(910) 259-9817

Penderlea Homestead Museum, Pender County.
(910) 285-1934/(910) 283-5479

Southport Art Museum.
(910) 457-6166

Topsail Island Museum, Missiles and More.

Displays from the 1940s "Operation Bumblebee," the U.S. missile project that operated on the island.
(910) 329-4446/(800) 626-2780

Wilmington Children's Museum.
(910) 254-3534
www.wilmingtonchildrensmuseum.org

The Wilmington Railroad Museum.
(910) 763-2634
www.wilmington.org/railroad

Wrightsville Beach Museum of History.
(910) 256-2569
www.wilmington.org/wbmuseum

WILDLIFE AREAS

Carolina Beach State Park, U.S. 421.
(910) 458-8206
<http://ils.unc.edu/parkproject/visit/cabe/home.html>

Fort Fisher State Recreation Area.
(910) 458-5798
<http://ils.unc.edu/parkproject/visit/fofi/home.html>

Hammocks Beach State Park, Off NC 24, Swansboro.
890-acre barrier island with primitive camping, lifeguards and nature study.
(910) 326-4881

Holland Shelter Game Lands, Pender County.
50,000 acres.
(919) 733-7291

Masonboro Island, off the coast of Wrightsville Beach.
Part of the N.C. National Estuarine Research Preserve.
(910) 962-2470
www.uncwil.edu/cmsr

Zeke's Island, off Fort Fisher in the Cape Fear River.
Part of the N.C. National Estuarine Research Reserve.
(910) 962-2470

Pender County Arts Council, Burgaw.
(910) 259-2151
www.burgawnc.org/

Racine Center for the Arts, Wilmington.
(910) 452-2073
www.racinecenter.com

Thalian Hall Center for the Performing Arts, Wilmington.
(910) 343-3664/(800) 523-2820
www.thalianhall.com

MUSEUMS

Cape Fear Museum, Wilmington.
Social and natural history of the Lower Cape Fear area.
(910) 341-4350
www.nhc.gov.com/cfm

Cape Fear Serpentarium, Wilmington.
(910) 762-1669
www.bushmastersonline.com

Latimer House Museum, Wilmington.
Victorian-era Italianate Revival residence.
(910) 762-0492
www.latimerhouse.org

Louise Wells Cameron Museum of Art, Wilmington.
(910) 395-5999
www.cameronartmuseum.com

Museum of Coastal Carolina, Ocean Isle Beach.
Natural history of coastal North and South Carolina.
(910) 579-1016

N.C. Maritime Museum of Southport.
(910) 457-0003



Shrimp boats and pleasure craft are a common sight along the South Coast.

Pine Plains

TRAVEL INFORMATION

Clinton-Sampson County.

(910) 592-6177

Columbus County Tourism.

(800) 845-8419/(910) 640-2818
www.discovercolumbus.org

Duplin County Tourism.

(800) 755-1755/(910) 296-2181
www.duplincounty.org/tourism.htm

Elizabethtown-White Lake.

(910) 862-4368
www.elizabethtownwhitelake.com

Fair Bluff.

(910) 649-7202

Fayetteville Area.

(910) 483-8133
www.fayettevillenc.net

Fayetteville Area CVB.

(800) 255-8217/(910) 483-5311
www.visitfayettevillenc.com

Fayetteville Historic Resources Commission.

(910) 433-1612

Fayetteville Partnership.

(910) 483-2073

Greater Chadbourn.

(910) 654-3445

Greater Whiteville.

(800) 538-2449/(910) 642-3171

Hope Mills.

(910) 423-4314
www.hopemillschamber.com

Kenansville Area.

(910) 296-2180

Lumberton Visitors Bureau.

(800) 359-6971/
(910) 739-9999.
www.i95travel.com

Pembroke.

(910) 521-9758

Red Springs.

(910) 843-5441

Saint Pauls.

(910) 865-4179

Spring Lake.

(910) 497-8821

Tabor City.

(910) 653-2031

Wallace.

(910) 285-4044

Warsaw.

(910) 293-7804

ELECTRIC COOPERATIVES

Brunswick EMC (Shallotte, Whiteville, Oak Island, Bolivia).

(910) 754-4391

Four County EMC (Burgaw, Elizabethtown, Rose Hill).

(910) 259-2171

Lumbee River EMC (Red Springs, Fairmont, Lake Rim, Laurinburg, Lumberton, Raeford).

(910) 843-4131

South River EMC (Dunn, Stedman, Anderson Creek).

(910) 892-8071

RECREATION

Cabin Lake Recreational Park, Beulaville.

(910) 298-3648

Cape Fear Botanical Garden, Fayetteville.

(910) 486-0221
www.fayettevillenc.com/botanicalgarden/

Clark Park Nature Center, Fayetteville.

(910) 433-1579

Fayetteville Rose Garden.

On FTCC campus.
(910) 678-8288

Flora Macdonald Campus and Gardens, Red Springs.

(910) 843-5000

Ft. Bragg Riding Stables, Ft. Bragg.

(910) 396-4510

Pauline Longest Nature Trails, Fayetteville.

At Methodist College.
(910) 630-7000

Pope Air Force Base.

Limited tours.
(910) 394-4183
www.pope.af.mil

Robeson County Planetarium.

(910) 739-3302

Sicily Drop Zone, Ft. Bragg.

(910) 396-6366

Singletary Lake State Park, Kelly.

(910) 669-2928

World's Largest Frying Pan, Rose Hill.

Town Square.
(910) 296-2181

HISTORICAL

Atlantic Coastline Railroad Station, Fayetteville.

(910) 433-1612

Barges Tavern, Fayetteville.

(910) 433-1612

Cool Spring Tavern, Fayetteville.

(910) 433-1612

Cross Creek Cemetary, Fayetteville.

(910) 433-1612

Dr. Buckner Hill Plantation Home, Duplin County.

(910) 293-3001

E.E. Smith Monument, Fayetteville.

(910) 672-1111
www.uncfsu.edu

Elwell Ferry, Bladen County.

(910) 862-3396

Fayetteville Market House.

A historic market building landmark.
(800) 255-8217.
www.downtownfayetteville.com/st_mkthouse.htm

Fort Bragg Military Reservation and 82nd Airborne Division War Memorial.

(910) 432-3443
www.bragg.army.mil

Harmony Hall, Bladen County.

(910) 862-4368

Heritage Square, Fayetteville.

(910) 483-6009

Isaac Hammond Gravesite, Fayetteville.

(910) 433-1612

Kyle House, Fayetteville.

(910) 483-7405

Liberty Hall Plantation, Kenansville.

(910) 296-2175

Liberty Point Monument, Fayetteville.

(910) 433-1612

Mallett Rogers House, Fayetteville.

(910) 630-7000

Museum of the Cape Fear Historical Complex, Fayetteville.

(910) 486-1330



Recipe

Roma Pizza Café & Restaurant Downtown Fayetteville

CHICKEN FETTUCCINI ALFREDO

- 1 chicken breast (cut into cubes)
- 3 tablespoons of butter
- 1 tablespoon of fresh parsley (optional)
- ½ teaspoon of salt
- ½ teaspoon pepper
- 2 tablespoons of Parmesan cheese
- 3 cups of heavy whipping cream

Fry chicken cubes in butter on low heat until chicken is cooked, add in cream and remaining ingredients. Stir until sauce begins to thicken. Add in cooked fettuccini noodles, stir and serve. **Yield: 2 servings.**

The Murray House, Kenansville.
(910) 296-1000

ARTS AND CULTURAL

Arts Center, Fayetteville.
(910) 323-1776
www.theartscouncil.com

Cameo Theatre, Fayetteville.
(910) 486-6633

Cape Fear Regional Theatre, Fayetteville.
(910) 323-4233
www.cftrt.org

Cape Fear Studios, Fayetteville.
(910) 433-2986
www.capefearstudios.com

Cumberland County Coliseum Complex, Fayetteville.
(910) 323-5088
www.crowncoliseum.com

Gilbert Theatre, Fayetteville.
(910) 678-7186

Monarch Theater, Fayetteville.
(910) 630-7000

North Carolina Folk Arts Festival, St. Pauls.
First Saturday in May.
(910) 865-4026

N.C. Indian Cultural Center, Pembroke.
(910) 521-2433

Rosenthal Art Gallery, Fayetteville.
(910) 672-1111
www.uncfsu.edu

Spring Lake Little Theater, Fayetteville.
(910) 323-2686

UNC-Pembroke and American Indian Resource Center, Pembroke.
(910) 521-6266
www.uncp.edu

MUSEUMS

82nd Airborne Division War Memorial Museum, Ft. Bragg.
(910) 432-3433

Airborne & Special Operations Museum, Fayetteville.
(910) 483-3003
www.asomf.org

Cowan Museum, Kenansville.
(910) 296-2149

Duplin County Veterans Museum, Warsaw.
In L.P. Best House.
(910) 293-2190

Fascinate-U Children's Museum, Fayetteville.
(910) 433-1573
www.fascinate-u.com

Fayetteville Independent Light Infantry Armory & Museum.
Oldest militia unit in continuous existence in the South.
(910) 433-1612

Fayetteville Museum of Art.
(910) 485-5121

John F. Kennedy Special Warfare Museum, Ft. Bragg.
(910) 432-1533

Museum of the Cape Fear Historical Complex, Fayetteville.
Museum, arsenal park, 1897 Poe House.
(910) 486-1330

North Carolina Museum of Forestry, Whiteville.
(910) 914-4185

Robeson County Historical Showcase Museum, Lumberton.
(910) 738-7979

Sampson County History Museum, Clinton.
(910) 590-0007

WILDLIFE AREAS

Bladen Lakes Educational State Forest, Elizabethtown.
(910) 588-4964

Jones Lake State Park, Elizabethtown.
(910) 588-4550

Lake Waccamaw State Park, Columbus County.
(910) 646-4748
www.discovercolumbus.org/statepark.htm

Lumber River State Park, Orrum.
(910) 628-9844

Turn Bull Creek State Forest, Elizabethtown.
(910) 588-4161



The Cape Fear Wildcats play Arena Football League games from April through July at the Crown Center in the Cumberland County Coliseum Complex of Fayetteville. For information: (910) 222-WILD or visit www.catsfootball.com

The Triangle

TRAVEL INFORMATION

Apex Chamber.

(919) 362-6456/
(800) 345-4504.
www.apexchamber.com

Capital Area Visitor Center.

(919) 733-3456

Cary Chamber.

(919) 467-1016

Chapel Hill-Carrboro Chamber.

(919) 967-7075
www.carolinachamber.org

Chapel Hill/Orange County Visitors Bureau.

(888) 968-2060/(919) 968-2060
www.chocvb.org

Pittsboro-Siler CVB.

(800) 316-3829
www.visitthathamcounty.com

Durham CVB.

(919) 687-0288/(800) 446-8604
www.durham-nc.com

Franklin County.

(919) 496-3056.
www.franklin-chamber.org

Fuquay-Varina Area.

(919) 552-4947
www.fuquay-varina.com

Garner.

(919) 772-6440

Granville County Chamber.

(919) 693-6125/(919) 528-4994
www.granvillecountyonline.com

Greater Durham Chamber.

(919) 682-2133.
www.durhamchamber.org

Greater Raleigh Chamber.

(919) 664-7000.
www.raleighchamber.org

Greater Raleigh CVB.

(800) 849-8499/(919) 834-5900
www.visitraleigh.com

Hillsborough Area.

(919) 732-7741

Holly Springs Town Hall.

(919) 552-6221

Knightdale Chamber.

(919) 266-4603
www.knightdalechamber.org

Morrisville.

(919) 380-9026

Rolesville Town Hall.

(919) 556-3506
www.ci.rolesville.nc.us

Roxboro Area Chamber/Person County.

(336) 599-8333
www.roxboronc.com

Vance County Tourism Department (Henderson).

(866) 438-4565/(252) 438-2222.
www.kerrlake-nc.com

Wake Forest Area.

(919) 556-1519
www.wakeforestnc.com

RECREATION

Aycock Recreation Complex, Henderson.

Aquatics center, gym, indoor walking track, meeting rooms, softball/baseball, batting cages, paved walking tracks.
(252) 431-6098
www.ci.henderson.nc.us

B. Everett Jordan Lake. U.S. 64, between Raleigh and Pittsboro.

47,000-acre recreational lake.
(919) 362-0586

Carolina Hurricanes, Raleigh.

NHL hockey.
(919) 467-7825
www.carolinahurricanes.com

Chatham County Bicycle Trails, Pittsboro.

Request a free map of the 200-mile system.
(800) 316-3829
www.visitthathamcounty.com

City Market, Raleigh.

Spanish mission-style 1914 marketplace.
(919) 828-4555

Deep River Park, Gulf.

Forty acres with picnic tables, canoe access and site of Historic Camelback Bridge.
(800) 316-3829
www.visitthathamcounty.com

Dream Sports Center, Apex.

Indoor roller hockey, soccer, basketball, kids night out.



The Carrboro Farmers Market, one of the state's most respected, marks its 25th year in 2003.

Wendell.

(919) 365-6318

Zebulon.

(919) 269-6320

ELECTRIC COOPERATIVES

Piedmont EMC (Hillsborough, Roxboro).

(919) 732-2123

Wake EMC (Wake Forest, Louisburg, Oxford, Zebulon).

(919) 863-6300

Carolina Mudcats, Zebulon.

Class AA farm team of the Colorado Rockies.
(919) 269-2287
www.gomudcats.com

Carrboro Farmers Market.

(336) 493-2906
www.carrborofarmersmarket.com

Carroll Howard Johnson Environmental Education Park, Fuquay-Varina.

(919) 552-4947

(919) 387-2955.

www.dreamsportscenter.com

Durham Bulls.

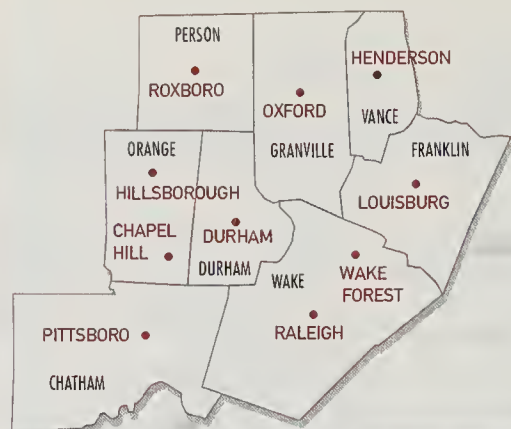
Class AAA farm team of the Tampa Bay Devil Rays.
(919) 956-BULL
www.dbulls.com

Falls Lake, northwest of Raleigh.

(919) 676-1027

Ferrington Village, Pittsboro.

Shops, restaurants, gardens, farmers' market.
(919) 542-2121/(800) 316-3829
www.ferrington.com



Fox Pond Park, Henderson.

Tennis courts, softball/baseball, playground, horseshoes, shuffleboard, volleyball, picnic area, nature trails.

(252) 431-6095

www.ci.henderson.nc.us

Fuquay Mineral Spring Park, Fuquay-Varina.

(919) 552-4947

Harper Park, Knightdale.

Tennis courts, picnic shelters. (919) 266-2232

Haw River, Pittsboro.

Canoe and kayak instruction, other watersports.

(919) 542-5502/(800) 316-3829

www.rockrest.com/

Hyc Lake, northwest of Roxboro.

3,750-acre lake with 65-acre park, camping, picnic areas, fishing, swimming, boating. (336) 599-4343

J.C. Raulston Arboretum at N.C. State, Raleigh.

(919) 515-3132

Jordan Lake State Recreation Area, Pittsboro.

13,900-acre lake with 9 recreation areas, sail, swim, waterski, bike hike, bird watch, children's and family events.

(919) 362-0586/(800) 316-3829

www.ncdcr.gov/parkproject/visit/jordanlake.htm

Kerr Lake State Recreation Area.

50,000 acres, stretches across N.C./Va. Border, 700 campsites, fishing, swimming and sailing, marinas, fishing pier, picnic

shelters, community buildings.

(866) 438-4565/(252) 438-7791/

(252) 438-2222

www.ncs.parks.net

Kerr Reservoir, North of Henderson.

50,000-acre park extending into Virginia.

(919) 438-7791

www.ncs.parks.net

Knightdale Environmental Park.

(919) 266-2230

Lake Crabtree County Park, Morrisville.

Hiking trails, playground, picnic, boat rentals, fishing pier.

(919) 460-3390

Lake Wheeler, south of Raleigh.

(919) 662-5704

Martin Luther King Jr. Memorial Gardens, Raleigh.

(919) 834-6264

www.king-raleigh.org

Mayo Park, northeast of Roxboro.

Hiking trails, picnic tables, camping, cabins, canoes, kayaks, fishing.

(336) 597-1755

Montrose Gardens, Hillsborough.

Nationally-known 19th century gardens.

(919) 732-7787

Morehead Planetarium and Science Center, Chapel Hill.

(919) 962-1236

www.morehead.unc.edu

North Carolina Botanical Garden, Chapel Hill.

Off U.S. 15-501 Bypass.

(919) 962-0522.

www.ncbg.unc.edu/

North Carolina State Farmers Market, Raleigh.

(919) 733-7417

N.C. State Legislative Building, Raleigh.

(919) 733-7928

Orange County Speedway, Rougemont.

(336) 364-1222

www.orangecountyspeedway.com

Palace Point Entertainment Complex, Roxboro.

Movie theatres, arcade, roller skating, bowling, billards, food and drink.

(336) 598-5050

Piedmont Community College Nature Trail, north of Roxboro.

(336) 599-1181, ext. 257

Pittsboro Antique Walk.

Meander through a variety of antique shops and eateries.

(800) 316-3829

www.pittsboro-antiques.com

Pittsboro and Fearington Farmer's Markets.

Chatham County Fair Grounds. (919) 542-8202/(800) 316-3829 www.ces.ncsu.edu/chatham/ag/SustAg/markets/geninfo.html?id=11356286

Pitt Stop Cafe & Race Shop, Pittsboro.

Dine and shop while observing NASCAR mechanics on the job.

(919) 545-9500.

www.premieremotorsports.com

Pullen Park, Raleigh.

Features a restored 1911

Dentzel carousel.

(919) 831-6468

The Rocks, Moncure.

Gemstone mining and gold panning.

(910) 542-6112.

www.ncgems.com

Rock Sportsplex, Roxboro.

Miniature golf, driving range, baseball tournaments.

(336) 599-6094

Roxboro Motorsports Dragway.

(336) 364-DRAG

www.roxboromotorsports.com

Sarah P. Duke Gardens, at Duke University, Durham.

55 landscaped areas.

(919) 684-5579

www.hr.duke.edu/dukegardens/

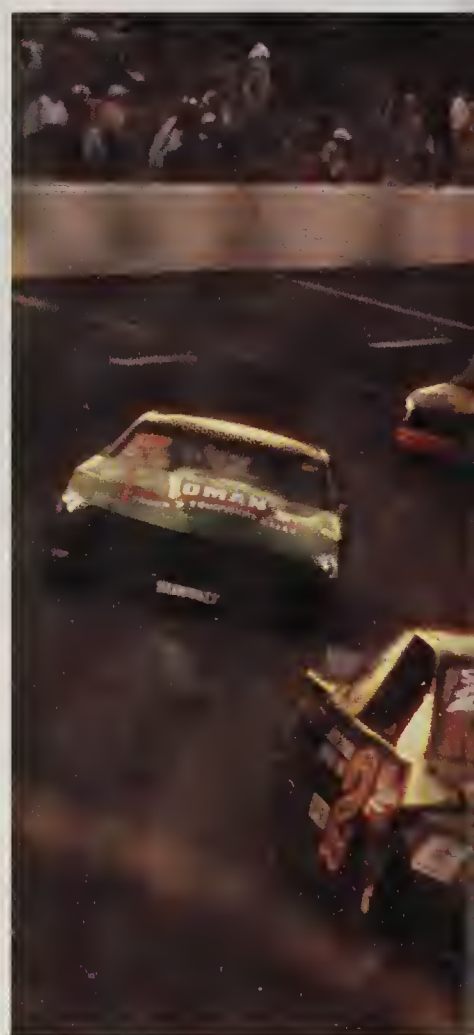
Southern Supreme Tours, Bear Creek.

The state's largest fruitcake producer.

(336) 581-3141

www.sosupreme.com

Orange County Speedway, Rougemont



Talking Tree Trail, Jordan Lake Educational State Forest, Chapel Hill.

¾-mile trail featuring "talking trees."

(919) 542-1154

Triangle SportsPlex, Hillsborough.

(919) 644-0339

www.trianglesportsplex.com

University Lake, Chapel Hill.

(919) 942-8007

www.owasa.org

Village of Fearington, near Pittsboro.

Country village with fine shops, inn and five-diamond dining.

(919) 542-4000

www.fearingtonhouse.com

HISTORICAL

Apex Historical District.

On National Historic Register, includes restored 1914 train depot.

(919) 362-6456

Ayr Mount, Hillsborough.

One of N.C.'s finest federal period plantation houses.

(919) 732-6886

Bennett Place State Historic Site, Durham.

Meeting place for Civil War generals.

(919) 383-4345

www.ah.dcr.state.nc.us/sections/hs/bennett/bennett.htm

Burwell School, Hillsborough.

Historic school and formal gardens.

(919) 732-7451

Confederate Cemetery, Kittrell.

Resting place for 52 soldiers from Va., N.C., S.C., Ga.

(252) 438-2222

Deep River Camelback Truss Bridge, near Deep River Park, Chatham County.

1908 bridge listed on National Register of Historic Places.

(800) 316-3829

Duke Homestead and Tobacco Museum, Durham.

Ancestral home of the Duke family.

(919) 477-5498

<http://metalab.unc.edu/dukehome>

Executive Mansion (Governor's residence), Raleigh.

(919) 733-3456

Historic Downtown Henderson.

Brochure available for self-guided walking and driving tours.

(866) 438-4565/(252) 431-6035.

www.hendersondowntown.org

Historic Downtown Pittsboro District.

Chatham County Courthouse, historic museum, shops, restaurants, recognized by National Historic Register.

(800) 316-3829

www.visitthathamcounty.com

Historic Hillsborough.

100 late 18th and early 19th century structures.

(919) 732-7741

www.historichillsborough.org

Historic Stagville, Durham.

Center for the study and teaching of preserving wooden buildings.

(919) 477-9835

www.ah.dcr.nc.us/sections/do/stagville/default.htm

Historic Uptown Roxboro.

Listed on the National Register of Historic Sites, walking tour brochure available.

(336) 599-0918

www.roxboromag.com/Facts/almanac.html

The Horace Williams House, Chapel Hill.

Historic house open to the public.

(919) 942-7818

www.chapelhillpreservation.com

Mordecai Historic Park, Raleigh.

(919) 834-4844

North Carolina State Capitol, Raleigh.

(919) 733-4994

www.ah.dcr.state.nc.us/sections/capitol/default.htm

Oakwood Historic District, Raleigh.

400 private homes from 19th century.

(919) 733-3456

Pittsboro Historic District.

National Historic Register and museum.

(919) 542-3603

Raleigh Little Theatre.

(919) 821-4579

www.mindspring.com/~rallittletheatre

Ruffin-Roulhac House, Hillsborough.

Early 19th century house, once owned by Chief Justice Thomas Ruffin.

(919) 732-1270

St. John's Episcopal Church c.1746, Vance County.

The only remaining colonial Anglican Church Building in the Diocese of N.C.

(866) 438-4565

www.kerrlake-nc.com

Wakefield/Joel Lane House.

Oldest home in Raleigh.

(919) 833-3431

ARTS AND CULTURAL

African-American Cultural Complex, Raleigh.

Exhibits contributions to the state and nation.

(919) 250-9336

www.aaccmuseum.org

ArtsCenter, Carrboro.

Theater, music, dancing, art.

(919) 929-2787

www.artscenterlive.com

Artspace, Raleigh.

Gallery with artists' studios.

(919) 821-2787

www.artspacenc.org

Best of Broadway Theatre Series, Raleigh.

Raleigh Memorial Auditorium.

(919) 834-4000

Carolina Ballet, Raleigh.

(919) 719-0800

www.carolinaballet.com

Carolina Theatre, Durham.

Film festivals and live performances.

(919) 560-3040

www.carolinatheatre.org/

Carolina Union Performing Arts Series, Chapel Hill.

Live performances, concerts, dance.

(919) 962-1449

www.carolinaunion.unc.edu/

Cedar Creek Craft Gallery, Creedmoor.

(919) 528-1041



Duke University, Durham.
(919) 684-2323
www.duke.edu

Durham Arts Council.
Three art galleries and home to 18 arts organizations.
(919) 560-2787.
www.durhamarts.org

Hayti Heritage Center, Durham.
Located in St. Joseph's African Methodist Episcopal Church, the center represents cooperation between blacks and whites, serves as a performance venue and displays visual-arts exhibitions.
(800) 845-9835
www.hayti.org

International Whistler's Convention, Louisburg.
(919) 496-1191

Kirby Auditorium, Roxboro.
Restored historic movie house hosts live theatre, dance, concerts.
(336) 597-1755

"North Carolina Belongs to Children" mural, Raleigh.
Created by James Converse Biggers, a native-born African American artist and his adviser, John Thomas Biggers, north lobby of the Legislative Building.
(919) 733-4111

Murals at N.C. Central University, Durham.
Uses imagery from the Adinkra language of the Ashanti people of West Africa, located in the lobby of the Jones Building.
(919) 560-6391

North Carolina Collection Gallery, Chapel Hill.
Exhibits on N.C. history and University of North Carolina history.
(919) 962-1172
www.lib.unc.edu/ncc/gallery.html

North Carolina State University, Raleigh.
(919) 915-2011
www.lib.ncsu.edu

North Carolina Symphony, Raleigh.
(919) 733-2750
www.ncsymphony.org

North Carolina Theatre, Raleigh.
(919) 831-6941
www.nctheatre.com/

Playmakers Repertory Company, Chapel Hill.
(919) 962-7529
www.playmakersrep.org

Tar River Festival, Louisburg.
(919) 496-3056

The University of North Carolina at Chapel Hill.
Self-guided tours.
(919) 962-1630
www.unc.edu

Vance County Arts Council.
Gallery, exhibits and special events.
(252) 431-1080

MUSEUMS

Carolina Memorabilia Room, Chapel Hill.
Dean E. Smith Center.
(919) 962-7777
www.tarheelblue.com

Frank H. Kenan Football Center Hall of Honor, Chapel Hill.
(919) 966-2575.
www.tarheelblue.com

Ackland Art Museum, Chapel Hill.
(919) 966-5736
www.ackland.org

Chapel Hill Museum.
(919) 967-1400
www.chapelhillmuseum.org

Duke University Museum of Art, Durham.
(919) 684-5135
www.duke.edu/web/duma

Exploris, Raleigh.
World's first global experience center.
(919) 834-4040
www.exploris.com

Granville County Museum, Oxford.
(919) 693-9706

Henderson Institute Museum.
Opened in 1891 to educate African-American teachers.
(866) 438-4564/(252) 438-7392

North Carolina Museum of Art, Raleigh.
State-funded art museum.
(919) 839-6262
www.ncartmuseum.org

North Carolina Museum of History, Raleigh.
(919) 715-0200
<http://ncmuseumofhistory.org>

North Carolina Museum of Life and Science, Durham.
Museum for children.
(919) 471-4294
www.ncmls.org

North Carolina Museum of Natural Sciences, Raleigh.
Focuses on natural history and environment of North Carolina.
(919) 733-7450.
www.naturalsciences.org

Orange County Historical Museum, Hillsborough.
Permanent and special exhibits that illustrate the first 100 years of Orange County's history.
(919) 732-2201

Person County Museum of History, Roxboro.
Exhibits include 1860 doctor's office, 1893 general store, Eno Slaughter baseball memorabilia.
(336) 597-2884
www.esinc.net/personcomuseum

Raleigh City Museum.
Exhibits on the city's history.
(919) 832-3775
www.raleighcitymuseum.org

Vance County Historical Museum.
Exhibits trace history of the area from prehistoric Indian era (8,000 B.C.) to present.
(252) 492-5061



Morehead Planetarium in Chapel Hill, www.morehead.unc.edu, (919) 962-1236 or (919) 549-6863 for show times.

WILDLIFE AREAS

Duke Forest, Durham.
8,300-acre natural area and environmental laboratory.
(919) 613-8013

Eno River State Park/West Point on the Eno, North Durham.
(919) 383-1686

Jordan Lake Educational State Forest (Talking Tree Trail), Chapel Hill.
400 acres of piedmont forest, wildlife, programs, talking tree trail, picnic areas.
(919) 542-1154
www.dfr.state.nc.us/esf/jlesf/jlesf_home.htm

Kerr Lake State Recreational Area.
Environmental education classes, bird watching, nature trails, wildlife programs, picnic areas and amphitheater.
(252) 438-7791
www.ncs.parks.net

William B. Umstead State Park, Raleigh.
(919) 571-4170
www.ils.unc.edu/parkproject/visit/wium/home.html

The Sandhills

TRAVEL INFORMATION

Angier.

(919) 639-2500

www.angierchamber.org

Village of Pinehurst, Southern Pines and Aberdeen Area CVB.

(800) 346-5362/(910) 692-3330

www.homeofgolf.com

Dunn Area Tourism Authority.

(910) 892-3282

www.dunnntourism.org

Erwin Area.

(910) 897-7300

Laurinburg/Scotland County Area.

(910) 276-7420

Lillington Area.

(910) 893-3751

www.lillington.org

Montgomery County.

(910) 572-4300

www.montgomery-county.com

Raeford-Hoke.

(910) 875-5929

Richmond County Chamber, Rockingham.

(800) 858-1688/(910) 895-9058

www.richmondcountychamber.com

Sandhills Area Chamber.

(910) 692-3926

Sanford Area.

(919) 775-7341

Yadkin-Pee Dee Lakes Project.

(704) 422-3215

ELECTRIC COOPERATIVES

Central EMC (Sanford).

(919) 774-4900

Lumbee River EMC (Red Springs, Fairmont, Lake Rim, Laurinburg, Lumberton, Raeford).

(910) 843-4131

Pee Dee EMC (Wadesboro, Rockingham).

(704) 694-2114

Randolph EMC (Asheboro, Robbins).

(336) 625-5177

South River EMC (Dunn, Stedman, Anderson Creek).

(910) 892-8071

RECREATION

Bicycle routes around Moore County.

Rentals, maps available, competition/tours.

(910) 692-3330

Carolina Horse Park at Five Points, Hoke County.

Competition Center.

(910) 692-4832

Dunn-Erwin Trail.

5.3-mile bicycle and walking trail stretching from Dunn to Erwin.

(910) 892-3282

Home of American Golf, Pinehurst/Southern Pines Area.

Includes more than 46 golf courses.

(910) 692-3330

N.C. Speedway, Rockingham.

Major NASCAR races.

(910) 582-2861

Pinehurst Harness Track, Pinehurst.

Circa-1915 track of 110-plus acres listed in National Register, races, polo matches, etc.

(800) 433-TROT

Rockingham Dragway, Rockingham.

(910) 582-3400

Sandhills Horticultural Garden, Pinehurst.

Includes largest holly garden on East Coast, roses, conifers, rhododendron and azaleas; native wetland trail and formal English garden.

(910) 695-3882/(919)692-6185

Southern Pines Resevior Park.

Trails connected with other vicinity trails to provide more than four miles of hiking and biking trails.

(910) 692-2463

Uwharrie Lakes Region Scenic Byways.

(704) 422-3215

HISTORICAL

Averasboro Civil War Battleground and Museum.

March 1865 military action, highlights Lebanon, a plantation home used as a Confederate hospital, and the Chicora Cemetery where the battle dead are buried.

(910) 891-5019

Bethesda Church and Cemetery, Aberdeen.

1790 historic church.

(910) 944-1319

Bryant House & McLendon Cabin, Carthage.

Historic properties depicting early county life.

(910) 947-3995

Cameron Historic District.

19 historic places. Antique fairs in May and October.

(910) 245-3697

Historic Summerville Presbyterian Church, Harnett County.

Built in 1845-1846. Adjoining cemetery contains the grave of a mysterious stranger found dead inside the church.

(910) 893-4620

The House in the Horseshoe State Historic Site, near Sanford.

Colonial plantation home.

(910) 947-2051

The Howard House, Dunn.

Listed on the National Register of Historic Places.

(910) 892-1981

Malcolm Blue Farm and Museum, Aberdeen.

Antebellum farm on National Register of Historic Places.

(910) 944-7558

Shaw House, Southern Pines.

1840 Antebellum home; home of Moore County Historical Association.

(910) 692-2051



Golf at Pinehurst.

photo courtesy of N.C. Division of Tourism, Film and Sports Development.

Town Creek Indian Mound State Historic Site, near Mt. Gilead.

500-year-old burial site, demonstrations, festivals, museum.

(910) 439-6802

Tufts Archives, Pinehurst.

James Walker Tufts' dream of Pinehurst displayed.

(910) 295-3642

Union Station, Aberdeen.

Featuring railroad exhibits from the Aberdeen and Rockfish Railroad, and one of two inspection cars left in the U.S.

(910) 944-5902

Weymouth Center, Southern Pines.

Historic home hosts N.C. Literary Hall of Fame, readings, concerts, lectures.

(910) 692-6261

ARTS AND CULTURAL

Campbell House, Southern Pines.

Home of Arts Council, monthly on-going exhibits, Railroad Club, Southern Pines Recreation.

(910) 692-4356

Cole Auditorium, Hamlet.

(910) 582-7150

Eleazer, Bluegrass in the Uwharries.

(336) 857-2974



Horse country near Southern Pines.

Midland Crafters, on N.C. 2.

Sells the work of many American craftspeople.

(910) 295-6156

North Carolina Pottery Center, Seagrove.

History and exhibits of N.C. potters.

(336) 873-8430

Sandhills Women's Exchange, Pinehurst.

Handmade baked goods and American crafts.

(910) 295-4677

Sunrise Theater, Southern Pines.

Sandhills Theater Company, classical concerts, film festival, children's theater, family series, special performances.

(910) 692-3611

MUSEUMS

General William C. Lee Airborne Museum, Dunn.

Early 20th century Neoclassical Revival house was home to "the father of the American Airborne."

(919) 892-1947

Harnett County Indian Museum, Kipling.

(910) 552-2336

Kelly's Classic Autos, Pinebluff.

(910) 281-0104

Mount Gilead Museum, Mt. Gilead.

(910) 439-5111

National Railroad Museum and Hall of Fame, Hamlet.

Railroad memorabilia.

(910) 582-3337

Rankin Museum of American Heritage, Ellerbe.

Traces humankind's adaptation to environment.

(910) 652-6378

WILDLIFE AREAS

Pee Dee National Wildlife Refuge, Hwy. 52 north of Wadesboro.

(704) 694-4424

Raven Rock State Park, Lillington.

Hiking, horseback riding, canoeing, fishing, camping, picnicking.

(910) 893-4888

Sandhills Gamelands.

More than 30,000 acres in Richmond, Scotland counties.

(919) 281-3917

Uwharrie National Forest/Birkhead Wilderness Area. N.C. 24/27, west of Troy.

Ancient mountains, Badin Lake, trails, hike, bike, horseback riding, camping.

(910) 576-6391

www.cs.unca.edu/nfsnc/

Weymouth Woods Nature Preserve, Southern Pines.

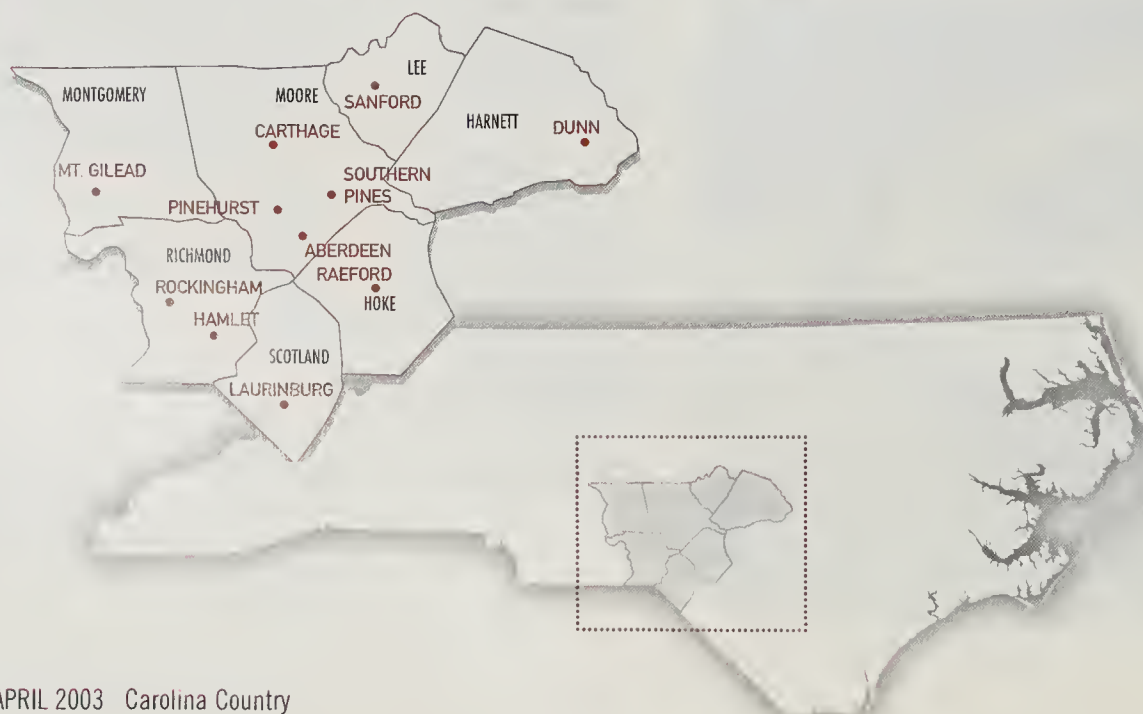
600 acres of natural area, plus hiking trails.

(910) 692-2167

Yadkin-Pee Dee River Trail.

233-mile Class I trail.

(704) 422-3215



The Piedmont Triad

TRAVEL INFORMATION

Archdale-Trinity Chamber.

(336) 434-2073
www.archdaletrinitychamber.com

Asheboro/Randolph Chamber.

(336) 626-2626
<http://chamber.asheboro.com>

Asheboro/Randolph County Tourism.

(336) 626-0364
www.visitrandolph.org

Burlington/Alamance CVB.

(800) 637-3804/(336) 570-1444
www.burlington-area-nc.org

Caswell County.

(336) 694-6106

Davidson County.

www.davidsoncountync.com

Davie County.

(336) 751-3304

Denton Area Chamber.

(336) 859-5922

Eden.

(336) 623-3336

Elkin-Jonesville Chamber.

(336) 526-1111
www.ejchamber.com/

Greater Mount Airy.

(800) 576-0231
www.visitmayberry.com

Greensboro Area Chamber of Commerce.

(336) 275-8675
www.greensboro.org

Greensboro Area Convention and Visitors Bureau.

(800) 344-2282/(336) 274-2282
www.visitgreensboro.com

High Point.

(336) 889-8151

High Point Convention and Visitors Bureau.

(800) 720-5255/(336) 884-5255
www.highpoint.org

Kernersville.

(336) 993-4521

King Chamber.

(336) 983-9308
www.kingnc.com

Lexington Tourism Authority.

(866) 604-2389/(336) 236-4218
www.visitlexingtonnc.org

Liberty Chamber.

(336) 622-4937

Piedmont Triad Visitor Center.

(800) 388-9830/(336) 388-9830
www.news-record.com/discover/

Reidsville.

(336) 349-8481

Thomasville Area.

(336) 475-6134/(800) 611-9907

Thomasville Visitors' Center.

(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

Western Rockingham.

(336) 548-6248

Winston-Salem CVB.

(800) 331-7018/(336) 728-4200
www.visitwinstonsalem.com

Winston-Salem Visitor Center.

(800) 331-7018/(336) 777-3796

Yadkin County.

(336) 367-7251

Yadkin-Pee Dee Lakes Project.

(704) 422-3215
www.lakesproject.org

ELECTRIC COOPERATIVES

EnergyUnited (Statesville, Mocksville, Cornelius, Taylorsville).

(704) 873-5241
 (Lexington, Madison)
 (336) 249-3131

Piedmont EMC (Hillsborough, Roxboro).

(919) 732-2123

Randolph EMC (Asheboro, Robbins).

(336) 625-5177

Surry-Yadkin EMC (Dobson).

(336) 386-8241

RECREATION

Ace Speedway/NASCAR Racing, Altamahaw, Alamance County.

Weekly racing series April-September.
 (336) 585-1200/(336) 584-6354
www.acespeedway.com

Asheboro City Lake.

Picnic areas, hiking, boating, fishing.
 (336) 626-1240

Asheboro Copperheads Baseball.

Affiliated with the Carolina Coastal Plains League.
 (336) 636-5796

Bicentennial Gardens, Greensboro.

Long-time favorite with flowering and deciduous trees, shrubs and annual beds.
 (336) 373-2199
www.greensborobeautiful.org

Bright Leaf Drive-In Theatre, Mount Airy.

One of the few still remaining in the state.
 (336) 786-5499

Burlington City Park.

Features 1910 Dentzel Menagerie Carousel, miniature train, amusement rides, aquatic and tennis center.
 (336) 222-5030
www.burlingtoncitypark.8k.com

Burlington Indians Baseball.

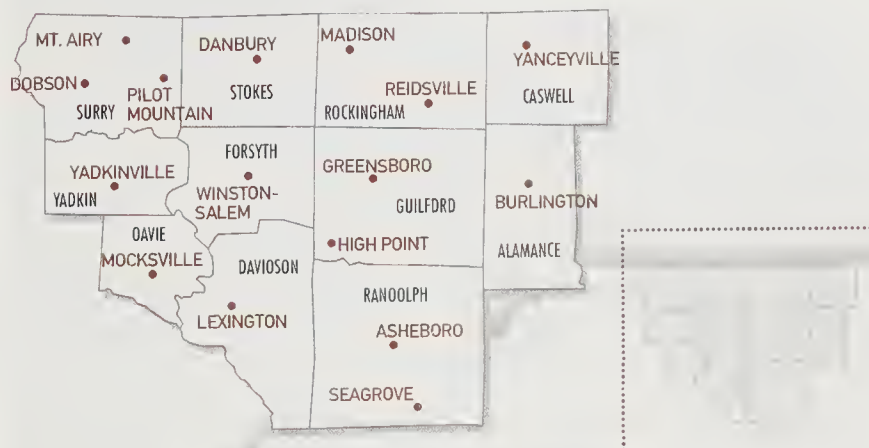
Appalachian League affiliate of the Cleveland Indians.
 (336) 222-0223
www.btribebaseball.com

Burlington Manufacturers Outlet Center. I-85/I-40, Burlington. Exit 145.

Over 50 outlets.
 (800) 637-3804

Caraway Speedway, Asheboro.

NASCAR-sanctioned racing March through October.
 (336) 629-5803
www.carawayspeedway.com



Celebration Station, Greensboro.

Family fun entertainment center.
(336) 316-0606

City Lake Park, High Point.

(336) 887-2511

Creekside Park, Archdale.

Tennis courts, indoor and outdoor basketball courts, children's playground, shelters, walking trails, ball fields and fall recreation center.
(336) 431-1117

Denton Farm Park.

Southeast Old Threshers' Reunion, Horse and Mule Days, Doyle Lawson Bluegrass Festival.
(336) 859-2755
www.threshers.com/farmpark

Downtown Cinema Theatre, Mount Airy.

(800) 576-0231/(336) 786-7998
www.surryarts.org

Finch Park, Lexington.

Walking trails, picnic shelters, ball fields.
(336) 248-3960

Greensboro Arboretum.

Nine different labeled plant collections and garden displays in a 17-acre setting.
(336) 373-2199
www.greensborobeautiful.org

Hanes Park.

Largest park in Winston-Salem.
(336) 727-2137

Hanging Rock State Park, N.C. 89, north of Winston-Salem.

Largest state park in the Piedmont.
(336) 593-8480
<http://www.ils.unc.edu/park/project/visit/haro/home.html>

Haw River Trail.

38 miles of flat water canoeing through the heart of Alamance County.
(336) 513-5510
www.hawrivertrail.org

High Rock Lake, Davidson and Rowan counties.

Recreational lake, site of numerous bass fishing tournaments.
(336) 236-4218

Ice House, Greensboro.

Family ice skating venue.
(336) 852-1515

Jaycee and County Parks, Greensboro.

Tennis, baseball, softball, fishing and trails.
(336) 545-5343

Lanier's Hardware, Lexington.

Largest True Value Hardware store in the state.
(336) 248-5935
www.lanierhardware.com

Market Square, High Point.

Renovated chair factory and trade showcenter.
(336) 884-5255

North Carolina Zoological Park, Asheboro.

Large, natural environment zoo.
(800) 488-0444
www.nczoo.org

Oak Hollow Lake Park, High Point.

(336) 883-3418

Olde Homestead, Lexington.

Nation's largest "stockist" of Boyd Bears.
(336) 249-0934
www.oldehomestead.com

Piedmont Environmental Center, High Point.

Hiking trails, educational programs and the new N.C. Mapscape.
(336) 883-8531

Replacements Ltd., Greensboro.

World's largest retailer of old and new china, crystal, flatware and collectibles.
(800) 737-5223
www.replacements.com

Reynolda Gardens, Winston-Salem.

Four acres of formal gardens, a greenhouse range and 125 acres of fields and woodlands.

(336) 725-5325
www.wfu.edu/gardens

Tanglewood Park, Clemmons.

1,300-acre park.
(336) 778-6300
www.tanglewoodpark.com

Uwharrie Lakes Region Scenic Byways.

(704) 422-3215

Wet 'n Wild Emerald Pointe, Greensboro.

Water amusement park.
(336) 852-9721/(800) 555-5900
www.emeraldpointe.com

The Worlds' Largest Chair, Thomasville.

51-year-old, 30-foot tall replica of a Duncan Phyfe armchair, designated historic landmark.
(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

World's Largest Chest of Drawers, High Point.

32 ft. tall.
(336) 883-2016

World's Largest Open-Faced Granite Quarry, Mount Airy.

(800) 948-0949
www.ncgranite.com

HISTORICAL

Alamance Battleground State Historic Site, Burlington.

Site of the battle that ended the War of the Regulation.
(336) 227-4785
www.ah.dcr.state.nc.us/sections/h/s/alamance/alamanc.htm

Battle of Clapp's Mill-Memorial Marker, Burlington.

Lake Mackintosh.
(800) 637-3804

Blandwood Mansion & Carriage House, Greensboro.

Former home of Gov. John Motley Morehead.
(336) 272-5003
www.blandwood.org

Burial Place of the Original Siamese Twins Eng and Chang Bunker, Mount Airy.

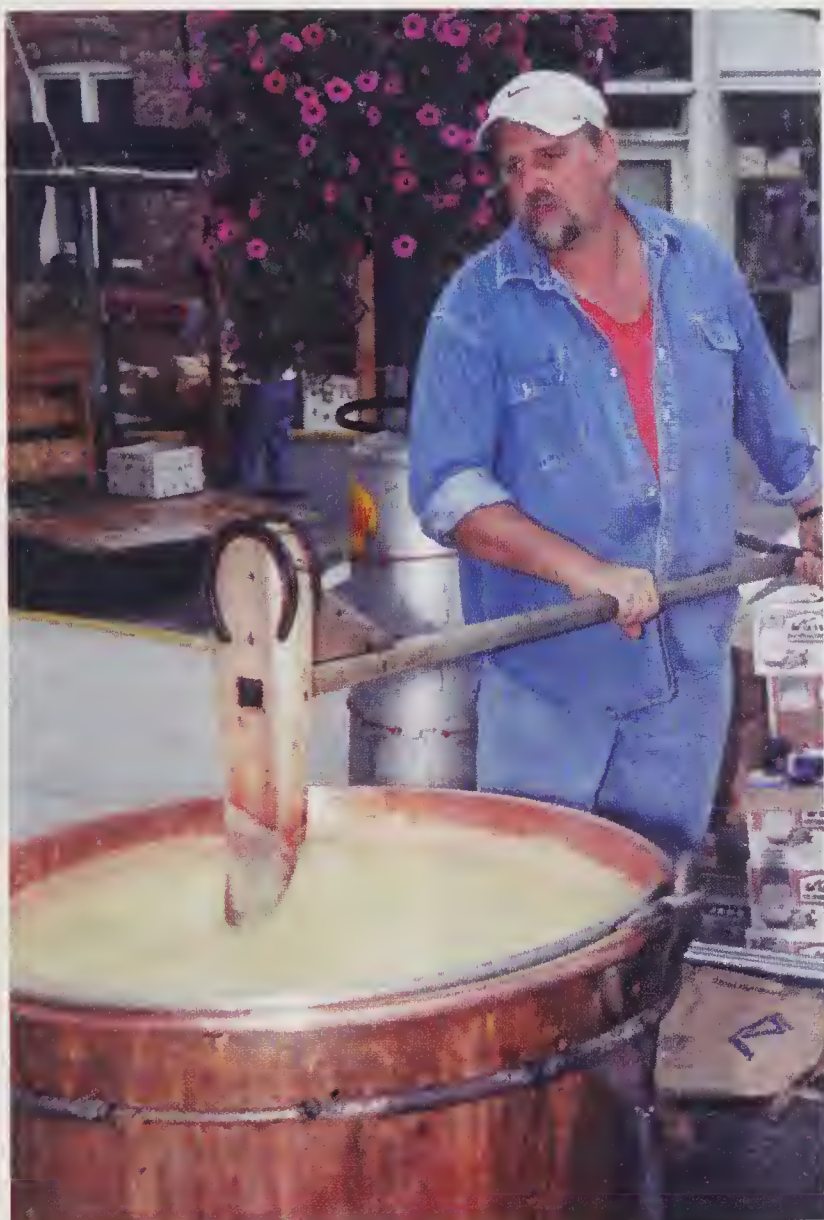
(800) 576-0231

Castle McCulloch, Jamestown.

Historic gold refinery.
(336) 887-5413
www.castlemcculloch.com



Historic Uptown Lexington.



Making apple butter at the annual Autumn Leaves Festival, to be held Oct. 10-12, 2003, in Mount Airy.

Civil War Cemetery, Thomasville.

The nation's only Civil War cemetery where Federal and Confederate soldiers are mixed in a single grave site.

(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

Cedarrock Historical Working Farm & Park, Burlington.

414-acre park and working farm.

(336) 570-6769 or (336) 570-6760

www.alamance-nc.com/historic.htm

Charlotte Hawkins Brown Memorial State Historic Site, Sedalia.

State's first official historic site honoring an African-American woman. On the campus of the former Palmer Institute.

(336) 449-4846

www.ah.dcr.state.nc.us/sections/h/chb/chb.htm

Edwards-Franklin House, Surry County.

1799 plantation house museum of Surry County Historical Society.

(336) 786-8359

Gertrude Smith House, Mount Airy.

1902 Victorian home.

(800) 576-0231

Glencoe Mill Village, Burlington.

Cotton mill complex and associated worker housing community built between 1880-1882.

(336) 228-6644

www.presnc.org

Guilford Courthouse National Military Park, Greensboro.

Site of Revolutionary War battle, 220 acres of trails.

(336) 288-1776

www.nps.gov/guico

Historic Bethabara Park, Winston-Salem.

First Moravian settlement.

(336) 924-8191

www.bethabrapark.org

Historic Downtown Elkin.

(336) 835-9800

Historic Uptown Lexington.

Historic commercial district.

(336) 249-0383

Horne Creek Living Historical Farm, Pinnacle.

Recreates life and work of 1900-1910.

(336) 325-2298

www.ah.dcr.state.nc.us/sections/h/s/horne/horne.htm

Lindley's Mill-Memorial Marker, NC 87, Alamance County.

Eli Whitney.

(800) 637-3804

Korner's Folly, Kernersville.

1880 restored tour house filled with interior design wonders.

(336) 996-7922

www.kornersfolly.org

McCray School, Burlington.

One-room school that served the rural black population from 1869 to mid-20th century.

(800) 637-3804

Mendenhall Plantation, Jamestown.

Early 19th-century Quaker plantation.

(336) 454-3819

Moore House, Mount Airy.

Antebellum home.

(336) 786-4512

North Carolina's Oldest Train Depot, Thomasville.

(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

North Carolina Vietnam Veteran's Memorial Park.

Off I-85, exit 102, one mile south of Thomasville.

(336) 472-4422/(800) 611-9907

www.thomasvilletourism.com

Old Mill of Guilford, N.C. 68, Oak Ridge.

Working mill dating back to 1745, gift shop with stone-ground meal made on premises, honey, ham, pottery and crafts.

(336) 643-4783

www.oldmillofguilford.com

Old Salem, Winston-Salem.

18th- and 19th-century living history Moravian town.

(888) 348-5420

www.oldsalem.org

Pisgah Covered Bridge, south of Asheboro.

One of only two remaining in state. Walking trail, picnic tables.

(336) 626-0364

Pyle's Defeat-Memorial Marker, Burlington.

Old Trail Rd.

(800) 637-3804

Rockford Village, Dobson.

Remains of county seat, authentic country store.

(336) 374-3825/(336) 374-5317

Tannenbaum Historic Park, Greensboro.

Features restored

Revolutionary War house.

(336) 545-5315

www.ci.greensboro.nc.us/leisure/tannenbaum

Trinity Gazebo, NC 62, Trinity.

Site of Trinity College, later Duke University

Wright Tavern, Wentworth.

Restored 19th century tavern with rare "Dog Run" architecture.

(336) 342-5901

ARTS AND CULTURAL

Alamance County Arts Council, Graham.

In restored historic Captain James and Emma Holt White House, art gallery.

(336) 226-4495

Andy Griffith Playhouse, Mount Airy.

(336) 786-7998/(800) 286-6193

www.surryarts.org

Arts United of Davidson County, Lexington.

(336) 249-2742

Barn Dinner Theatre, Greensboro.

One of the oldest dinner theatres in the country.

(336) 292-2211/(800) 668-1764

www.barninner.com

Bernice Bienenstock Furniture Library, High Point.

7,000 volumes on furniture, design and the decorative arts.
(336) 883-4011
www.furniturelibrary.com

The Bob Timberlake Gallery, Lexington.

Retail showplace, museum, furniture, art, gifts and collectibles.
(800) 244-0095
www.bobtimberlake.com

Burlington Historic Railroad Depot and Ampitheater.

Renovated depot with murals depicting city life from 1893-1993.
(336) 222-5030
www.ci.burlington.nc.us

Carolina Theatre, Greensboro.

Restored 1927 vaudeville-style theater featuring dance, concerts and film.
(336) 333-2600
www.carolinatheatre.com

Davie County Arts Council.

(336) 751-3112

Delta Arts Center, Winston-Salem.

African American arts and humanities.
(336) 722-2625

Diggs Gallery, Winston-Salem State University.

African American and contemporary art.
(336) 750-2458
www.wssu.edu/diggs

Eastern Music Festival, Greensboro.

Internationally acclaimed music festival in the summer.
(336) 333-7450
www.easternmusicfestival.org

Eleazer-Bluegrass in the Uwharries.

Friday and Saturday evenings.
(336) 357-2974

Fiddle and Bow, Winston-Salem.

Triad's traditional music society.
(336) 727-1038

Fiddler's Cove, Liberty.

Dinner and country, western, gospel music.
(336) 622-4000



Bob Timberlake Galleries, Lexington.

The Gallery at Old Salem, Winston-Salem.

(336) 721-7300
www.oldsalem.org

Greensboro Cultural Center at Festival Park.

Home to 15 visual- and performing-arts organizations, five art galleries, a restaurant, and an outdoor amphitheater.
(336) 373-2712.

www.ci.greensboro.nc.us/culture

Greensboro Opera Company.

(336) 273-9472
www.greensboroopera.org

Greensboro Symphony Orchestra.

Season runs September-May.
(336) 335-5456
www.greensborosymphony.org

Liberty Jubilee, Liberty.

Variety music, family entertainment.
(336) 622-4813

Mattye Reed African Heritage Center Gallery, Greensboro,

N.C. A&T State University.
Over 3,500 African art objects.
(336) 334-3209

Millis Regional Health Education Center, High Point.

Interactive health education, programs and wellness center.
(336) 878-6713

North Carolina Pottery Center, Seagrove.

Showcases N.C. pottery tradition.
(336) 873-8439
www.ncpotterycenter.com

North Carolina School of the Arts, Winston-Salem.

First state-supported arts school in the nation.
(336) 721-1945
www.ncarts.edu

Old Time Square Dance, Denton.

Monthly, featuring old-time music and bluegrass, square dancing.
(336) 475-9397
www.geocities.com/dentondance/

Paramount Theater, Burlington.

Renovated, located in historic downtown.
(336) 222-5001/(336) 222-TIXS.
www.ci.burlington.nc.us/recreation/paramount/paramount.htm

Piedmont Blues Preservation Society, Greensboro.

(336) 275-4944

Piedmont Chamber Singers, Winston-Salem.

(336) 722-4022

Piedmont Craftsmen, Inc., Winston-Salem.

Represents 300+ of the Southeast's finest craft artisans.
(336) 725-1516
www.piedmontcraftsmen.org

Piedmont Opera Theatre, Winston-Salem.

(336) 725-7101
www.piedmontopera.org

Randolph Arts Guild.

Gallery displays art, sculpture, etc., by local artists and craftsmen.
(336) 629-0399

The Sawtooth Center for Visual Arts, Winston-Salem.

Houses three art galleries.
(336) 725-8916
www.sawtooth.org

Seagrove, U.S. 220, south of Asheboro.

More than 90 active potters and studios.
(336) 973-3649
<http://www.seagrove-pottery.com/>

Snow Camp Outdoor Drama, Snow Camp.

"The Sword of Peace" and "Pathway to Freedom," June-August. Other productions include musicals and children's theater.
(800) 726-5115/(336) 376-6948
www.snowcampdrama.com

Southeastern Center for Contemporary Art, Winston-Salem.

(336) 725-1904
www.secca.org

Theatre Art Galleries, High Point.

Encompasses three exhibition areas.
(336) 887-2137

Triad Highland Games, Archdale.
(336) 431-8482
www.triadhighlandgames.org

Triad Stage, Greensboro.
(336) 272-0160
www.triadstage.org

Recipe

The Bouldin House Bed & Breakfast High Point-Greensboro

PINEAPPLE UPSIDE-DOWN FRENCH TOAST

½ stick (¼ cup) unsalted butter
¼ cup half & half (or cream)
¼ cup firmly packed dark brown sugar
¼ teaspoon salt
Canned crushed pineapple in juice (10-15 ounces) well-drained (reserve ¼ cup juice)
¼ teaspoon cinnamon
2 large eggs
¼ teaspoon vanilla extract
1 cup milk
8 to 12 1-inch thick slices bread of your choice (French, Italian, Sourdough)

Preheat oven to 400 degrees. In a saucepan melt butter over moderate heat and stir in sugar until dissolved. Add pineapple, stirring well to incorporate. In a bowl, whisk together eggs, milk, half and half, reserved pineapple juice, salt, cinnamon and vanilla extract. Lightly grease a 13-by-9-by-2-inch baking dish and spread pineapple mixture evenly over bottom. Dip bread slices into milk mixture and arrange in one layer on top of pineapple mixture. Bake French toast in middle of oven 20-25 minutes or until bread is golden. French toast can be made a day ahead of time, covered with plastic wrap and stored in the refrigerator.

Serves 4.

Winston-Salem Piedmont Triad Symphony.
(336) 723-7919
www.wssymphony.org

MUSEUMS

Alamance County Historical Museum. Burlington.
19th century house-museum depicting the life of textile pioneer Edwin M. Holt.
(336) 226-8254

American Classic Motorcycle Co. and Museum of Harley Davidson, Asheboro.
(336) 629-9564

Andy Griffith Museum/Mount Airy Visitors Center.
(800) 576-0231

Angela Peterson Doll and Miniature Museum, High Point.
South's largest doll museum.
(336) 885-3655

Daughters of American Revolution Historic Museum, Elkin.
(336) 835-2025

Davidson County Historical Museum, Lexington.
(336) 242-2035

Furniture Discovery Center, High Point.
Interactive furniture manufacturing museum.
(336) 887-3876
www.furniturediscovery.org

Greensboro Children's Museum.
Hands-on exhibits for kids.
(336) 574-2898
www.gcmuseum.com

Greensboro Historical Museum.
Includes "The Greensboro Sit-Ins," displays.
(336) 373-2043
www.greensborohistory.org

Haw River Historical Museum, Haw River.
(336) 578-1646/(336) 578-4467
www.rootsweb.com/~nchrha

High Point Museum & Historic Park.
Oldest home on original site in Guilford County.
(336) 885-6859
www.high-point.net/dept/museum

Mount Airy Museum of Regional History.
(336) 786-4478
www.northcarolinamuseum.org

Museum of Anthropology, Winston-Salem, Wake Forest University.

The only museum devoted to the study of world cultures.
(336) 758-5282
www.wfu.edu/MOA

Museum of Early Southern Decorative Arts, Winston-Salem.
Regional decorative arts of the early South.
(888) 348-5420
www.oldsalem.org

Natural Science Center of Greensboro.
Hands-on museum, zoo and planetarium.
(336) 288-3769
www.naturalsciencecenter.org

North Carolina Aviation Museum, Asheboro.
WWII air warbird museum.
(336) 625-0170

Patterson Cottage Museum, Liberty.
Collection of furniture and antique/historical items.
(336) 622-4605

R.J. Reynolds Whitaker Park, Winston-Salem.
Cigarette manufacturing museum.
(336) 741-5718

Reynolda House, Museum of American Art, Winston-Salem.
American art displayed in the former home of R.J. Reynolds.
(336) 725-5325
www.reynoldahouse.org

Richard Childress Racing Shop and Museum, Welcome.
Shop tours, souvenir shops of Dale Earnhardt, Kevin Harvick, Robby Gordon, Jeff Green.
(800) 476-3389
www.rcrracing.com

Richard Petty Museum, Level Cross.
(336) 495-1143
www.pettyracing.com/main/museum.htm

SciWorks, Winston-Salem.
Science Museum and Environmental Park.
(336) 767-6730
www.sciworks.org

Springfield Museum of Old Domestic Life, High Point.
(336) 882-3054

Textile Heritage Center, Cooleemee.
Tells story of mill village life.
(336) 284-6040

Weatherspoon Art Museum, Greensboro.
4,000 works of 20th-century American art.
(336) 334-5770
www.weatherspoon.uncg.edu

WILDLIFE AREAS

Boone's Cave Park, Near N.C. 150, Lexington.
Once home to Daniel Boone and family, overlooks Yadkin River, hiking trails, picnic shelter.
(336) 242-2035

Bryan Park, U.S. 29, Browns Summit.
On southern shore of 1,500-acre Lake Townsend.
(336) 375-2222
www.bryanpark.com

Pilot Mountain State Park, U.S. 52, northwest of Winston-Salem.
The area's most distinctive geologic attraction.
(336) 325-2355
<http://www.ils.unc.edu/park/project/visit/pimo/home.html>

Stone Mountain State Park, Traphill.
(336) 957-8185
<http://www.ils.unc.edu/park/project/visit/stmo/home.html>

Uwharrie National Forest/Birkhead Wilderness Area.
Ancient mountains, Badin Lake, hiking/biking/horse trails, camping.
(910) 576-6391
www.cs.unca.edu/nfsnc/

Yadkin-Pee Dee River Trail.
233-miles Class I canoe trail.
(704) 422-3215

Greater Charlotte

TRAVEL INFORMATION

Anson County (Wadesboro).
(704) 694-4181
www.ansoncounty.org/chamber

Belmont.
(704) 825-5307

Bessemer City Area.
(704) 629-3900

Cabarrus County CVB.
(800) 848-3740
www.cabarruscvb.com

Charlotte Chamber.
(704) 378-1300
www.charlottechamber.org

Charlotte CVB.
(800) 722-1994
www.charlottecvb.org

Cherryville Chamber.
(704) 435-3451.
www.cherryville.com

Concord-Cabarrus County.
(800) 848-3740

Gaston County Travel & Tourism.
(800) 849-9994
www.gastontourism.com

Gaston County Chamber.
(704) 864-2621

Kannapolis-Cabarrus County.
(800) 848-3740

Marshville.
(704) 624-3183

Matthews.
(704) 847-3649

Mint Hill.
(704) 545-9726
www.minthill.com

Lake Norman Chamber (North Mecklenburg).
(704) 892-1922
www.lakenorman.org

Rowan County CVB.
(800) 332-2343/(704) 638-3100
www.visitsalisburync.com

Rowan County Chamber.
(704) 633-4221

Stanly County Chamber.
(704) 982-8116
www.stanlychamber.org

Stanley County CVB.
(800) 650-1476/704-986-2583
www.stanlycvb.com

Union County Chamber.
(704) 289-4567
www.unioncountycoc.com

Yadkin-Pee Dee Lakes Project.
(704) 422-3215

ELECTRIC COOPERATIVES

EnergyUnited EMC. (Statesville, Mocksville, Cornelius, Taylorsville).
(704) 873-5241

Pee Dee EMC. (Wadesboro, Rockingham).
(704) 694-2114

Rutherford EMC. (Forest City, Morganton, Crouse).
(828) 245-1621

Union Power Cooperative. (Monroe, Oakboro).
(704) 289-3145

RECREATION

Badin Lake, Badin.
(800) 650-1476

Cane Creek Park, Waxhaw.
(704) 843-3919
www.co.union.nc.us

Cannon Village, Kannapolis.
Williamsburg Colonial-era district.
(704) 938-3200
www.cannonvillage.com

Carolina Raptor Center, Inc., Huntersville.

At Latta Plantation Park.
(704) 875-6521
www.birdsofprey.org/

Charlotte Steeplechase, Mineral Springs.
Last Saturday in April.
(704) 843-7070
www.Queenscup.org

Concord Mills.
North Carolina's #2 tourist attraction with over 200 stores.
(704) 979-3000
www.concordmills.com

Cotton Patch Gold Mine, New London.
Gold-panning mine open to the public.
(704) 463-5797

Dale Earnhardt Tribute, Cannon Village, Kannapolis.
Plaza features 9-foot, 900-pound statue of Kannapolis' hometown hero and granite memorial contributed by Earnhardt fans.
(704) 938-3200

Daniel Stowe Botanical Garden, Belmont.
(704) 825-4490
www.stowegarden.org

Dan Nicholas Park, Salisbury.
(704) 636-2089/(704) 636-0154/
(866) 767-2757
www.co.rowan.nc.us/parks/dnp

Frank Liske Park, Concord.
(704) 920-2700

Freedom Park, Charlotte.
(704) 336-2884

Kannapolis Intimidators, Kannapolis.
Class "A" Affiliate of the Chicago White Sox.
(704) 932-FANS

Lake Norman.
(704) 333-7547

Lake Tillery, Norwood.
Fishing and boating.
(800) 650-1476



This 1950 Southern Railway diesel electric locomotive is one of several at the N.C. Transportation Museum in Spencer.

Lazy 5 Ranch, Mooresville.

Drive-through animal park, horse drawn wagon rides, picnic tables, petting zoo, playground.
(704) 663-5100

Lowe's Motor Speedway, Concord.

NASCAR racing and tours.
(800) 455-FANS
www.lowesmotorspeedway.com

Mecklenburg Hounds, Waxhaw.

Fox hunting without the kill, plus horse shows and hunter paces. Various times.
(704) 843-3846

Monroe Walking Tour.

1.2-mile walking tour downtown historic district.
(704) 292-1705

Moorehead Memorial Park, Albemarle.

(704) 984-9560

NASCAR Race Shops.

(800) 848-3740
www.cabarruscvb.com

NASCAR SpeedPark.

New Spring 2003, NASCAR-themed amusement park at Concord Mills. I-85 Exit 49.
(704) 979-6770
www.NASCARSpeedPark.com

Paramount's Carowinds.

I-77 on N.C./S.C. border.
(800) 822-4428/(704) 588-2600
www.carowinds.com

Rock Creek Park, Albemarle.

(704) 984-9560

Salisbury Community Park, Salisbury.

(704) 638-5291

Sloan Park, Mt. Ulla.

(704) 637-7776

University of North Carolina at Charlotte.

(704) 687-2000
www.uncc.edu

UNC-Charlotte Botanical Gardens.

(704) 687-2870
<http://gardens.uncc.edu/visiting.htm>

Union County Barn Tour.

View equestrian facilities. Held each spring.
(704) 283-3801

Uwharrie Lakes Region Scenic Byways.

(704) 422-3215

Waxhaw Society Highland Games, Waxhaw.

Gathering of the clans for a day of Scottish heritage and tradition in October.
(704) 846-4566
www.wshg.org

HISTORICAL

Andrew Jackson Memorial, Waxhaw.

(704) 843-1832

Belmont Abbey, Belmont.

Once the only abbey cathedral in the nation.
(704) 825-6890

Boggan-Hammond House, Wadesboro.

(704) 694-4181

Bost Grist Mill, Concord.

Restored early 1800s mill.
(704) 782-1600

Charlotte Trolley, Inc.

(704) 375-0850

Downtown Salisbury.

(704) 637-7814

Heritage Park, Cherryville.

(704) 435-3451

Hezekiah Alexander Homesite, Charlotte.

Oldest standing dwelling in Mecklenburg County.
(704) 568-1774

Historic Downtown Concord.

(704) 784-4208

James K. Polk Memorial, Pineville.

(704) 337-2000

Josephus Hall House, Salisbury.

(704) 636-0103

Kings Mountain National Military Park.

Site of major Revolutionary War battle.
(704) 867-1181
www.nps.gov/kimo/

Latta Place/Latta Plantation Nature Preserve, Huntersville.

1800s plantation house and grounds.
(704) 875-2312
<http://www.lattaplantation.org/>

Mt. Pleasant Collegiate Historic District.

Several mid-1800s buildings of the Western Carolina Male Academy established in 1852.
(704) 436-6612

Monroe Historic Downtown District.

(704) 292-1705

Reed Gold Mine, N.C. 24/27, Stanfield.

First documented gold mine in the United States. Mine tours, restored stamp mill, museum and seasonal gold panning.
(704) 721-4653
www.reedmine.com

Rowan Museum/Utzman Chambers House/Old Stone House, Salisbury.

(704) 633-5946

Salisbury Heritage Walking Tour.

(800) 332-2343

Salisbury Historic National Cemetery.

Former confederate prison site and national cemetery.
(704) 638-3100
www.salisburyprison.org

Union County Courthouse and Heritage Room, Monroe.

(704) 283-3500

Village of Gold Hill, eastern Rowan County.

(704) 279-1632

A Walk Through Historic Fourth Ward.

(704) 376-0105

Waxhaw Historic District.

(704) 283-6886

West Badin Historic District.

A planned community established in 1912 for the employees of an aluminum-reduction plant.
(704) 422-3470

ARTS AND CULTURAL

Afro-American Cultural Center, Charlotte.

(704) 374-1565
www.aacc-Charlotte.org

Charlotte Repertory Theatre.

(704) 333-8587
www.charlotteterep.org/

Charlotte Symphony Orchestra.

(704) 332-0468

Children's Theatre of Charlotte.

(704) 333-8983

Christmas Town USA, McAdenville.

Entire town displays millions of lights.
(704) 824-3190
<http://users.unet.net/srankin/>

George A. Batte Jr. Fine Arts Center, Wingate University.

(704) 233-8300

JAARS, Waxhaw.

(800) 922-6431/(704) 372-1000



Stanly County Agri Civic Center,
Albemarle.

(704) 986-3816

Stanly County Arts Council,
Albemarle.

(704) 982-8116

Stanly County Arts Guild,
Albemarle.

(704) 474-7889

**Stanly County Concert
Association,** Albemarle.

(704) 982-1648

**Union County Community Arts
Council Gallery,** Monroe.

(704) 283-2784

www.unionarts.org

Uwharrie Players, Albemarle.

(704) 983-2051

Waterworks Visual Arts Center,
Salisbury.

(704) 636-1882

www.waterworks.org

MUSEUMS

American Military Museum,
Gastonia.

(704) 866-6068

Backing Up Classics, Concord.

Collection of antique, classic
and race cars.

(704) 788-9500

C. Grier Beam Truck Museum.
Cherryville.

One of only three truck muse-
ums in the country.

(704) 435-3072

Charlotte Museum of History.

(704) 568-1774

www.charlottemuseum.org

Cherryville Historical Museum.

(704) 435-8011

Cherryville Railway Museum.

(704) 435-8011

Discovery Place, Charlotte.

Hands-on science and technol-
ogy museum.

(800) 935-0553/(704) 372-0471

www.discoveryplace.org/

**Eastern Cabarrus Historical
Museum,** Mt. Pleasant.

Provides a glimpse of Cabarrus
County life in the mid-1800s to
the early 1900s. Open Sun.,



Spanky's deli and ice cream parlor, in a 150-year-old building, is a popular stop in Main Street Square of historic downtown Salisbury.

Mar. through Oct. Tours available.

(704) 436-6612

**Fieldcrest Cannon Textile
Museum.** Cannon Village,
Kannapolis.

History of textiles exhibit, with
an interactive component and
multi-image show highlighting
the manufacturing process.

(704) 938-3200

www.cannonvillage.com

**Gaston County Museum of Art
and History,** Dallas.

Largest public collection of
horse-drawn vehicles in the state.

(704) 922-7681

Gene & Buddy's Museum,
Concord.

Impressive collection of over
100 vintage drum sets.

(704) 721-3111

www.geneandbuddys.com

Hendrick Motorsports Museum.

70-acre complex featuring all
Hendrick race teams and rac-
ing memorabilia.

(704) 455-3400

www.hendrickmotorsports.com

**Ira V. Ferguson Country Store
Museum.**

Call for times for special tours.

(704) 545-5766

**Memory Lane Motorsports &
Historical Automotive Museum,**
 Mooresville.

(704) 662-FORD

Mexico Cardenas Museum,
Waxhaw.

(704) 843-6000

**Mint Hill Country Doctor's
Museum.**

(704) 545-5766

Mint Museum of Art, Charlotte.

Local and regional history in
permanent and changing
exhibits.

(704) 337-2000

www.mintmuseum.org/

Museum of the Alphabet,
Waxhaw.

Explores ancient alphabets
from around the world.

(704) 843-6000

Museum of the Waxhaws,
Waxhaw.

Regional history from 1650-
1900.

(704) 843-1832

Nature Museum, Charlotte.

Specially designed for small
children.

(800) 935-0553/(704) 372-6261

**North Carolina Transportation
Museum,** Spencer.

Special annual events include
Rail Days, Antique Car & Truck

Shows, Easter Bunny Express,
Santa Train, and Steamfest.

(704) 636-2889/(877) 628-6386

www.nctrans.org

**Oakboro Regional Museum of
History.**

(704) 485-3612

**Schiele Museum of Natural
History,** Gastonia.

Most frequently visited muse-
um in the state.

(704) 866-6900

www.schielemuseum.org

**Stanly County Historical Museum
and Snuggs House Museum,**
Albemarle.

(704) 986-3777

WILDLIFE AREAS

Crowders Mountain State Park.

US 29/74, located in Gaston
County between Gastonia and
Kings Mountain.

(704) 853-5375

**Dan Nicholas Park and Eagle
Point Nature Preserve** at High
Rock Lake, near Salisbury.

(866) 767-2757

Lake Tillery, Badin Lake, Troy,
Badin.

Fishing, canoeing, camping,
hiking, picnic areas.

(704) 982-8116

McDowell Nature Preserve, Off
NC 49 South.

(704) 588-5224

Morrow Mountain State Park. NC
740, near Albemarle.

(704) 982-4402

**Uwharrie National
Forest/Birkhead Wilderness
Area,** NC 24/27, east of
Albemarle.

Ancient mountains, Badin
Lake, hiking/biking trails,
camping.

(910) 576-6391

www.cs.unca.edu/nfsnc/

**Wing Haven Gardens and Bird
Sanctuary,** Charlotte.

(704) 331-0664

Yadkin-Pee Dee River Trail.

233-mile class I trails.

(704) 422-3215

Catawba Foothills

TRAVEL INFORMATION

Alexander County.
(828) 632-8141

Burke County Travel & Tourism, Morganton.
(828) 433-6793/(888) 462-2921
www.hci-net/~bcttc/

Caldwell County.
(828) 726-0616

Catawba County.
(828) 328-6111

Cleveland County Chamber.
(704) 487-8521
www.clevelandcounty.com and
www.clevelandchamber.org



Scenes from Polk County, including the Block House Steeplechase, held at the Tryon Riding and Hunt Club in April.

Hickory Metro CVB.
(800) 849-5093/(828) 322-1335
www.hickorymetro.com

Statesville CBV.
(704) 878-3480/(877) 531-1819
www.visitstatesville.org

Hickory Nut Gorge.
(828) 625-2725

Kings Mountain-Branch of Cleveland County Chamber.
(704) 739-4755

Lincolnton-Lincoln County.
(704) 735-3096
www.lincolinchambernc.org/

McDowell Chamber.
(828) 652-4240

McDowell Tourism Development Authority, Marion.
(888) 233-6111/(828) 652-1103
www.mountaintreasures.net

Mooresville CVB.
(704) 799-2400/(877) 661-1234
www.racecityusa.org/ and
www.mooresvillenc.org/

Old Fort Chamber.
(828) 668-7223/(888) 233-6111
www.oldfort.org

Polk County Chamber.
(828) 859-6236

Polk County Visitors Center, Tryon.
(800) 440-7848
www.nc-mountains.org

Rutherford County Chamber.
(828) 287-3090

Rutherford County Tourism Development.
(800) 849-5998/(828) 245-1492
www.rutherfordtourism.com

ELECTRIC COOPERATIVES

Blue Ridge EMC. (Lenoir).
(828) 754-9071

EnergyUnited. (Statesville, Mocksville, Cornelius, Taylorsville).
(704) 873-5241

Rutherford EMC. (Forest City, Morganton, Crouse).
(828) 245-1621

RECREATION

1919 Herschell-Spillman Carousel, Shelby.
Fully restored, operational carousel with music provided by an antique band organ.
(704) 484-6476
<http://users.vnet.net/carousel>

Andrews Geyser, Old Fort.
Monument and picnic area.
(828) 668-7223

Apple Hill Orchard, Morganton.
Tours, gift shop, homemade apple cider.
(828) 437-1224

Bottomless Pools, Lake Lure.
Natural area in Hickory Nut Gorge.
(828) 625-8324

Bradley Falls/Little Bradley Falls.
I-26 Saluda exit.
(800) 440-7848

Broad River Greenway. Boiling Springs.
Recreational water activities, hiking, bicycling and horse trails.
(704) 434-2357
www.broadrivergreenway.com

Brown Mountain Lights, Overlook on Hwy. 181N, Morganton.
Visible on clear nights.
(828) 433-6793/(888) 462-2921

Catawba Furniture Mall, Hickory.
(828) 324-9701
www.catawbafurniture.com

Catawba River Canoe Trips, from Morganton.
(828) 437-7016/(888) 462-2921

Chimney Rock Park, near Bat Cave.
View of Lake Lure and Blue Ridge Mountains, plus recreation areas.
(800) 277-9611
www.chimneyrockpark.com

Dale's Market, Morganton.
In continuous use since 1900.
(888) 462-2921

Foothills Equestrian Nature Center, Tryon.
Hiking and riding trails in 300-acre preserve.
(800) 440-7848

Furniture Shopping, in Caldwell County.
37 dealers within 20 miles on U.S. 321.
(800) 737-0782

Green River Cove, Saluda.
Runs from Saluda to Lake Adger; swimming, tubing, kayaking and other outdoor activities.
(800) 440-7848

Hickory Crawdads.
Minor league baseball.
(800) 488-3237

Hickory Furniture Mart.
(828) 322-3510
www.hickoryfurniture.com

Hickory Motor Speedway.
NASCAR track.
(828) 464-3655

H. Lawrence Patrick Senior Life & Conference Center, Kings Mountain.
(704) 734-0447

Jake Early Complex-YMCA-Playground, Kings Mountain.
Ball fields, walking track, pool.
(704) 730-2103

Kings Mountain State Park.
Camping, bridle trails, hiking, fishing, swimming.
(803) 222-3209

Kouris Warehouse, Shelby.
Colonial revival warehouse home to the Farmers' Market.
(704) 484-4999

Lake James State Park, Nebo.
Campsites, picnic areas, hiking, fishing, swimming.
(828) 652-5047

Lake Lure Tours.
Guided boat tours.
(828) 625-0077

Lake Norman State Park, Lake Norman.
(704) 528-6350



*The Murray's Mill Historic District in eastern Catawba County is open to the public.
(828) 465-0383.*

**Linville Caverns, Between
Linville and Marion.**

Massive limestone caves.
(828) 756-4171
www.linvillecaverns.com

**Marcia H. Cloninger Rail Trail,
downtown Lincolnton.**

Lighted and landscaped
walking trail.
(704) 736-8980

Moss Lake, Kings Mountain.

Water sports, fishing.
(704) 482-7926

Old Fort Mountain Music.

Every Friday evening in
downtown Old Fort.
(828) 652-1103

Orchard at Altapass.

Blue Ridge Parkway.
Century-old working
apple orchard.
(828) 765-9531
www.altapassorchard.com

Pacolet River Scenic Byway.

Scenic drive on Highway 176
from Tryon to historic Saluda.
Pearson's Falls: 90-foot water-
fall near Saluda.
(828) 749-3031

River's Edge Guide Service.

Fly fishing guides specializing
in back country trips for trout.
(828) 765-2658

**Saluda Grade, between Saluda
and Tryon.**

Steepest standard gauge main-
line railroad grade in U.S.
Adjacent Hwy. 176 is a state
Bicycle Highway.
(800) 440-7848

**South Mountains State Park,
Connelly Springs.**

(828) 433-4772

**Thermal Belt Rail-Trail,
Rutherford County.**

8 miles of walking trails.
(800) 849-5998

Thomas Wolfe's Angel, Old Fort.

Lost in a poker game, sits in
Old Fort cemetery.
(828) 668-7223

HISTORICAL

**Bunker Hill Covered Bridge,
Claremont.**

One of two in N.C.
(828) 465-0383

**Emerald Village, Little
Switzerland.**

Authentic mining equipment
in underground mine.
(828) 765-6463
www.emeraldvillage.com

Fort Defiance, Caldwell County.

Home of Gen William Lenoir
family on site of a late 18th
century fort in Yadkin Valley.
(828) 726-0616

**Fort Dobbs, Statesville. N.C.
Historic Site.**

(704) 873-5866
www.ah.dcr.state.nc.us/sections/h/s/dobbs/dobbs.htm

**Green River Plantation, south of
Rutherfordton.**

1804 house open by reservation.
(828) 286-1461
www.green-river.net/

Historic Carson House, Marion.

Early 19th century house of
family who gave townsite.
(828) 724-4948

**Historic Downtown Kings
Mountain.**

Includes historic murals.
(704) 739-4755

**Historic Downtown
Mooreville.**

(704) 664-3898
www.downtown-mooresville.com

**Historic Downtown
Saluda.**

(800) 440-7848
www.saluda.com/

**Historic Downtown
Statesville.**

(704) 878-3436

**Kings Mountain
National Military
Park, Entrance in
Cleveland County.**

Where the battle
that marked the
end of the
Revolutionary War
was fought.
(864) 936-7921

**Maple Grove and Propst
House, Hickory.**

Open by appointment.
(828) 322-4731

Murray's Mill, Catawba.

Restored family grist mill.
(828) 465-0383

Newton Historic District.

Includes Catawba County
Museum of History.
(828) 465-7400

**Old Burke County Courthouse,
Morganton.**

Focal point of Historic District,
contains Heritage Museum.
(828) 437-4104

Old Fort Arrowhead Monument.

Built in 1756, 30-foot tall, hon-
ors peace between pioneers and
Native Americans.
(828) 668-7223

Overmountain Victory Trail.

Historic trail from Virginia to
South Carolina.
(888) 233-6111
www.ovta.org

**Patterson School,
Caldwell County.**

Historic boarding school and
1,400-acre grounds including
Chapel of Rest, historic church
and cemetery.
(828) 758-2374

Polk County Courthouse, Columbus.

Built in 1857

Quaker Meadows Plantation, Morganton.

Restored McDowell family brick house.

(828) 437-4104

Shelby Historic District.

(704) 481-1842

Trail of Faith, Valdese.

Waldensian heritage portrayed through 15 monuments and buildings; guided tour, gift shop.

(828) 874-1893/(800) 635-4778

ARTS AND CULTURAL

Alva Theatre, Morganton.

First in Burke County to show "talkies."

(828) 433-6793

Art by Johannes A.S. Oertel, Lenoir.

In St. James Episcopal Church.

(828) 754-3712

Arts and Science Center of Catawba Valley, Hickory.

(828) 324-4906

Cleveland County Arts Center, uptown Shelby.

In 1916 post office.

(704) 484-2787

www.ccartscouncil.org

"From This Day Forward," Valdese.

Outdoor drama about Waldensian people, exhibits.

(800) 743-8398

Globe Theater, Alexander Mills.

Like Shakespeare's.

(800) US-GLOBE

Hiddenite Center, Hiddenite.

1914 mansion, gems, art, dolls.

(828) 632-6966

Hiddenite Gems, Hiddenite.

"Gem Capital of the World."

(828) 632-3394

Joy Performance Center, Kings Mountain.

(704) 730-9408

Lincoln Cultural Center, Lincolnton.

Museum of history, performance hall, art galleries.

(704) 732-9055

McDowell Arts & Crafts Assn, Marion.

(828) 652-8610

www.mcdowellinc.com/MACA

Sen. Sam Ervin Jr. Library, Morganton.

At Western Piedmont Community College.

(828) 438-6000

Tryon Fine Arts Center.

(828) 859-8322

www.tryonfac.org/

Upstairs Gallery, Tryon.

Non-profit contemporary art space.

(828) 859-2828

MUSEUMS

C. Grier Beam Truck Museum, Cherryville.

(704) 435-3072

Caldwell Historical Museum, Lenoir.

(828) 758-4004/(828) 758-1496

Catawba County Museum of History, Newton.

(828) 465-0383

Catawba Science Center, Hickory.

(828) 322-8169

Children's Museum of Iredell County.

(704) 872-7508

Cleveland County Historical Museum, Shelby.

(704) 482-8186

Hickory Museum of Art, Hickory.

(828) 327-8576

Iredell Museum of Arts and Heritage, Statesville.

(704) 873-4734

Kings Mountain Fire Department Historical Museum.

(704) 734-0555

Kings Mountain Historical Museum.

(704) 739-1019

Lincoln County Museum of History, Lincolnton.

(704) 732-9055

Memory Lane Motorsports & Historical Automotive Museum, Mooresville.

(704) 662-FORD

Mountain Gateway Museum, Old Fort.

Pioneer museum.

(828) 668-9259

N.C. Auto Racing Hall of Fame, Mooresville.

(704) 663-5331

N.C. Mining Museum, Little Switzerland.

Authentic mining equipment and exhibits.

(828) 765-6463

N.C. Museum of Minerals, Little Switzerland.

National Park Service museum.

(828) 765-2761

Old Fort Railroad Museum, Old Fort.

Historic depot, railroad and train exhibits.

(828) 668-7223

Polk County Historical Museum, Tryon.

In the historic train depot.

(800) 440-7848

Rutherford County Farm Museum, Forest City.

(828) 248-1248

Waldensian Museum, Valdese.

Focus on early Italian settlers of the area. Sundays, April-October.

(828) 874-2531

WILDLIFE AREAS

Crowder's Mountain State Park, Kings Mountain.

(704) 867-1181

<http://www.ils.unc.edu/park/project/visit/crmo/home.html>

Linville Gorge.

Wilderness area in Pisgah National Forest.

(828) 652-2144

<http://ncnatural.com/Resources/Adventure/Gorge/Linville-Gorge.html>



The High Country

TRAVEL INFORMATION

Alleghany County Chamber.

(800) 372-5473

www.sparta-nc.com

Ashe County Chamber.

(888) 343-2743

www.ashechamber.com

Avery/Banner Elk.

(800) 972-2183

www.avery-bannerelkchamber.org

Beech Mountain Chamber.

(800) 468-5506

www.beechmtn.com

Blowing Rock.

(828) 295-7851

www.blowingrock.com

Blue Ridge Parkway.

National Park scenic highway.

(828) 271-4779

<http://www.blueridgeparkway.org/>

Boone CVB.

(800) 852-9506

www.visitboonenc.com

Glendale Springs (Ashe County).

(800) 342-2743

www.glendalesprings.com

High Country Host.

Travel and accommodations information.

(800) 438-7500

www.mountainsofnc.com

Mitchell County Chamber, Spruce Pine.

(828) 765-9483/(800) 227-3912.

www.mitchell-county.com/

Mountain Information Centers.

(828) 258-4662

Wilkes County Chamber.

(336) 838-8662

www.wilkesnc.org

Wilkesboro.

(336) 838-3951

www.wilkesboronc.com

North Wilkesboro.

(336) 667-7129

www.north-wilkesboro.com

ELECTRIC COOPERATIVES

Blue Ridge EMC (Lenoir, Boone West Jefferson, Sparta).

(828) 758-2383

RECREATION

Altapass Orchard, Mitchell County.

Working orchard along Blue Ridge Parkway (MP 328.3).

(828) 765-9531/(888) 765-9531

www.altapassorchard.com

Appalachian Ski Mountain, Blowing Rock.

Ski resort.

(800) 322-2373

www.appskimtn.com

Ashe County Farmers Market.

(336) 246-2885

The Blowing Rock, off U.S. 321.

Viewing area and gift shop.

(828) 295-7111

www.blowingrock.com

Blowing Rock Charity Horse Show.

One of the oldest outdoor shows in the country.

(828) 295-7851

Blue Ridge Parkway.

(828) 271-4779

www.nps.gov/blri/ncmap.htm and

www.blueridgeparkway.org

Daniel Boone Native Gardens, Boone.

Native plants.

(828) 264-6390

Discover Carolina Upcountry.

Regional information.

www.theupcountry.com

Fish and Game Management.

(828) 497-5201

Garden of the Senses.

Especially nice for the sense-impaired. At Wilkes Community College.

(336) 838-6100

http://204.84.96.72/WCC/general_information/gardens.htm

Glen Burney Trail, Blowing Rock.

1.5-mile hiking trail.

(828) 295-7851

Hawksnest Ski Resort, Seven Devils.

Nine-slope ski mountain.

(828) 963-6561/(888) 429-5763

www.hawksnest-resort.com

Highland Games on Grandfather Mountain.

(828) 733-1333

www.gmhg.org

Julian Price Park, Blue Ridge Parkway MP297.

Price Lake campground, hiking, picnic area, canoeing

The Little Farm, Alleghany County.

Petting farm, children's garden, gift shop.

(336) 657-3013

Moses Cone Estate, Blowing Rock.

At Blue Ridge Parkway MP 292. 3,500-acre estate with carriage trails for horses and walking. Includes Flat Top Manor, Parkway Craft Center.

(828) 295-7938

Mystery Hill, U.S. 221/321, between Boone and Blowing Rock.

Amusement house, Appalachian Heritage Museum, N.C. Military Museum.

(828) 264-2792

www.mysteryhill-nc.com

New River Canoe, Alleghany County.

(336) 372-8793

Pinebridge Center, Spruce Pine.

Indoor facility, one of largest ice skating rinks in Southeast, hockey games.

(828) 765-7463/(828) 765-2761

Rafting information.

www.rafting.com

River Camp USA, Piney Creek.

Canoes and campground area.

(336) 359-2267

www.rivercamp.net

Scenic Byway, Wilkesboro.

Historic sites, scenic drive.

(336) 838-8662



Ski Beech, Beech Mountain.
State's largest ski resort.
(828) 387-2011
www.skibeech.com

Sugar Mountain Resort, Banner Elk.
18-slope ski mountain.
(828) 898-4521
www.skisugar.com

Tweetsie Railroad, U.S. 221/321, Blowing Rock.
Amusement park and frontier village with narrow-gauge railroad.
(800) 526-5740
www.tweetsie.com

W. Kerr Scott Dam & Reservoir, Wilkes County.
(336) 921-3390
www.gorp.com/gorp/resource/us_nra/ace/nc_wkerr.htm

Wild River Country.
Private cooperative of rafting companies in the Southeast.
(800) 440-7238

HISTORICAL

Ashe County Cheese Company, West Jefferson.
Landmark attraction.
(336) 246-2501

Glendale Springs Inn.
(336) 982-2103

Hickory Ridge Homestead, Boone.
18th-century living history museum, next to "Horn in the West."
(828) 264-2120

Historic Wilkesboro.
(336) 667-3712
www.wilkesboro.com/wwt0.htm

Old Wilkes Jail, Wilkesboro.
1860 jail once held Tom Dooley. Walking tour.
(336) 667-3712
www.wilkesboro.com/wwt0.htm

Mast General Store, Valle Crucis.
A legend since 1883.
(828) 963-6511

Pinebridge Inn (Old Harris School), Spruce Pine.
Built in 1920s.
(800) 356-5059

Todd General Store, Ashe County.
Established 1914.
(336) 877-1067

Whippoorwill Academy and Village, Ferguson.
Historic schoolhouse, Tom Dula Museum, Daniel Boone cabin replica, Matt's General Store, the Smokehouse Gallery, Chapel of Peace, and others.
(336) 973-3237
www.wilkesnc.org/tourism/Tour/whippoorwill.htm

ARTS & CULTURAL

Alleghany County Fiddler's Convention, Sparta.
In July.
(336) 372-8809

Alleghany Jubilee, Sparta.
Dancing to live bluegrass and old-time bands.
(336) 372-4591

An Appalachian Summer, Boone.
Arts and culture festival at Appalachian State University.
(800) 841-ARTS.

Art in the Park, Blowing Rock.
In summer.
(828) 295-7851

Ashe County Arts Center.
(336) 246-ARTS
www.ashecountyarts.org/

Ashe County Civic Center.
Performing arts.
(336) 246-4483
www.ashecivic.com/

Ashe County Frescoes, outside West Jefferson.
At St. Mary's Episcopal Church.
(336) 982-3076

Blowing Rock Stage Company.
Professional theatre. June-August at Blowing Rock Arts Center.
(828) 295-9627
www.blowingrockstage.com

Brushy Mountain Apple Festival.
First Saturday in October.
(336) 984-3022
www.applefestival.net

Buffalo Creek Weavers, Warendville.
(336) 384-1371
www.doubleweave.com

Elkland School Art Center, Todd, Ashe County.
(336) 877-5016

"Horn in the West," Boone.
Outdoor drama about the Daniel Boone period.
(828) 264-2120
www.boonenc.org/saha

Mountain Heritage Festival, Sparta.
Arts, crafts, live music, kids activities, in September.
(800) 372-5473
www.sparta-nc.com

Merle Watson Festival, Wilkesboro.
Nationally-known music festival held in April at Wilkes Community College.
(800) 343-7857
www.merlefest.org

Penland School, near Spruce Pine.
Crafts school since 1929.
Gallery and tours
(828) 765-6211

Singing on the Mountain, Grandfather Mountain.
Outdoor gospel concert since 1930.
(828) 733-4337

Summer Music, Blowing Rock.
Chamber Music Festival.
(828) 295-3505

John A. Walker Center, Wilkesboro.
Performing Arts Center.
(910) 838-7529
http://204.84.96.72/wcc/walker_center/walker_center.htm

Wilkes Playmakers, North Wilkesboro.
In Benton Hall.
(336) 838-PLAY
www.wilkesplaymakers.com

Wilkes County Art Gallery, Wilkesboro.
(336) 667-2841
www.northwilkesboro.com/wilka-rt.htm

MUSEUMS

Appalachian Cultural Museum, Boone.
At Appalachian State University.
(828) 262-3117
www.museum.appstate.edu

WILDLIFE AREAS

Cumberland Knob, Upper Alleghany County on the Blue Ridge Parkway.
1,000 acres, 2,740 feet high.
(800) 372-5473

Doughton Park, Near Sparta on the Blue Ridge Parkway.
7,000 acres, trails, 3,700 feet up.
(800) 372-5473

Grandfather Mountain, near Linville.
Park with visitor center, trails, overlooks.
(800) 468-7325
www.grandfather.com

Linville Gorge.
Wilderness area in Pisgah National Forest.
(828) 652-2144
<http://ncnatural.com/Resources/Adventure/Gorge/Linville-Gorge.html>

Mount Jefferson State Park, Ashe County.
(336) 246-9653
<http://www.ils.unc.edu/parkproject/visit/moje/home.html>

New River State Park, Ashe County.
(336) 982-2587
<http://www.ils.unc.edu/parkproject/visit/neri/home.html>

Pisgah National Forest.
(828) 877-3265
<http://ncnatural.com/NCUSFS/Pisgah/>

Rendezvous State Forest, Western Wilkes County.
Talking tree trail.
(336) 667-5072

Stone Mountain State Park, Northeast Wilkes County.
(336) 957-8185.
www.ils.unc.edu/parkproject/stone.html

The Blue Ridge

TRAVEL INFORMATION

Asheville CVB.

(800) 280-0005
www.exploreasheville.com

Black Mountain.

(828) 669-2300
www.blackmountain.org

Blue Ridge Parkway.

469-mile scenic highway.
(828) 298-0398
www.nps.gov/blri

Brevard-Transylvania Chamber.

(828) 883-3700

Brevard/ Transylvania County Tourism.

(800) 648-4523
www.visitwaterfalls.com

Greater Hendersonville.

(828) 692-1413

Henderson County Travel & Tourism.

(800) 828-4244
www.historichendersonville.org

Madison County.

(828) 689-9351/(877) -2-Madison
www.visitmadisoncounty.com

Mountain Information Centers, Asheville.

(828) 258-4662

N.C. Welcome Center.

(I-40 West).
(828) 627-6206

Yancey County-Burnsville Chamber.

(828) 682-7413/(800) 948-1632
www.yanceychamber.com

ELECTRIC COOPERATIVES

Blue Ridge EMC (Lenoir, Boone, West Jefferson, Sparta).

(828) 758-2383

French Broad EMC (Marshall, Burnsville, Bakersville).

(828) 649-2051

RECREATION

Asheville Area Recreation.

(888) 247-9811
www.exploreasheville.com/out-door.htm

Asheville Tourists.

Class A baseball.
(828) 258-0428

Asheville Urban Trail.

A walking tour of Asheville.
(828) 258-0710
www.ashevillearts.com

Biltmore Village, Asheville.

Unique shopping, restaurants and art galleries in historic buildings next to Biltmore Estate.

(828) 274-8788
www.biltmorevillage.com

Black Mountain Campground, Yancey County.

Camping, picnicking, nature programs, hiking, swimming, and tubing down the South Toe River.
(828) 682-6146

Blue Ridge Parkway.

469-mile parkway with spectacular views and overlooks of the Blue Ridge Mountains.
(828) 271-4779
www.nps.gov/blri/ncmap.htm

Botanical Gardens, Asheville.

10-acre garden of Southern Appalachian native plants.
(828) 252-5190
www.ashevillebotanicalgardens.org

Carolina Hemlocks, near Burnsville.

Swimming, fishing, hiking, camping, picnic areas, includes Black Mountain Campground.
(828) 682-6146

Cataloochee Ski Area, Maggie Valley.

(800) 768-0285
www.cataloochee.com

Craggy Gardens, in Buncombe County.

Hiking trails, picnic sites and visitor center, off Blue Ridge Parkway.
(828) 298-0398

Discover Carolina Upcountry.

Regional information.
www.theupcountry.com

Fish and Game Management.

(828) 497-5201

Great Smoky Mountains Railroad, Dillsboro.

Scenic rides through river gorges, valleys and mountain tunnels.
(800) 872-4681
www.gsmr.com

Henderson County Farmers Mutual Curb Market, Hendersonville.

(828) 692-8012

Julian Price Park. Blue Ridge Parkway, MP 297.

Includes Price Lake, campground, hiking, picnic area.

Jump Off Rock, Hendersonville.

Overlook at end of Laurel Park Highway.
(800) 828-4244.

Kid Mountain, Burnsville.

Playground.
(800) 948-1632

Linville Caverns, between Linville and Marion.

Massive limestone caves.
(828) 756-4171

Martin Luther King Jr. Park, Asheville.

(828) 252-4614

Patience Mullendore Park, Burnsville.

Swimming, camping, fishing.
(828) 675-5104

Rafting information.

www.rafting.com

Ray Cort Park, Burnsville.

Swimming, picnic areas, playground.
(828) 682-3814

Western North Carolina Farmers Market, Asheville.

(828) 253-1691
www.wncfarmersmarket.org

Western North Carolina Nature Center, Asheville.

40 acres of animals and plants in natural habitat.
(828) 298-5600
www.wildwnc.org



Wild River Country.

Private cooperative of rafting companies in the Southeast.
(800) 440-7238

Wolf Laurel Slopes, Mars Hill.

Skiing, snowboarding and snow tubing.
(828) 689-4111
www.skiwolflaurel.com

HISTORICAL

Asheville Historical Trolley Tours, Asheville.

Narrated tour of area attractions.
(888) 667-3600
www.ashevilletrolleytours.com

Biltmore Estate, near Asheville.

America's largest home built for George W. Vanderbilt in 1895, with 250-rooms, 8,000-acre grounds, vineyard and winery.
(800) 295-4730
www.biltmore.com

Carl Sandburg Home, Flat Rock.

National Historic site on 240-acre farm.
(828) 693-4178
www.nps.gov/carl

Grove Arcade Public Market, Asheville.

Local owner-operated shops and restaurants showcasing the best food, crafts, and wares in the region.
(828) 252-7799
www.grovearcade.com

The Grove Park Inn Resort & Spa, Asheville.

Historic grand hotel built in 1913.
(800) 438-0050
www.grovecparkinn.com

Historic Downtown Hendersonville.

In the National Register of Historic Places.
(828) 697-2022
www.JKcrea.com/DHI.html

Historic Village of Flat Rock.

(800) 828-4244
www.historicflatrock.org

Historic Hendersonville Depot.

(828) 693-0605

Photo courtesy of N.C. Division of Tourism, Film and Sports Development.



Asheville skyline.

Historic Johnson Farm, Hendersonville.

Late 19th century farm and tourist retreat.
(828) 891-6585
www.johnsonfarm.org

Nu Wray Inn, Burnsville.

Established 1833.
(800) 368-9729
www.nuwrayinn.com

St. John in the Wilderness Church, Flat Rock.

(828) 693-9783

Thomas Wolfe Memorial, Asheville.

State Historic Site. The novelist's boyhood home and museum.
(828) 253-8304
www.wolfememorial.com

Zebulon B. Vance Birthplace State Historic Site, Weaverville.

Reconstructed home of Civil War-era Governor.
(828) 645-6706

ARTS & CULTURAL

Asheville Community Theatre.

See comedies, dramas and music.

(828) 254-1320
www.ashevilletheatre.org

Asheville Symphony.

(828) 254-7046

Ballet Blue Ridge.

Summer repertory ballet.
(828) 295-4724

Brevard Music Center.

(828) 884-2011
www.brevardmusic.org

Emerald Village, Little Switzerland.

Underground mine tours, gemstone mining.
(828) 765-6463
www.emeraldvillage.com

Flat Rock Playhouse Theatre.

The State Theatre of North Carolina is considered one of the ten best seasonal theaters in the country.
(828) 693-0731
www.flatrockplayhouse.org

Folk Art Center, near Asheville.

Home of The Southern Highland Craft Guild. Representing artists from Southern Appalachia.
(828) 298-7928
www.southernhighlandguild.org

Homespun Shops, Asheville.

Shops and weaving museum adjoins Grove Park Inn.
(828) 253-7651

Mountain Dance and Folk Festival, Asheville.

Diana Wortham Theatre, annual celebration since 1928 of Southern Appalachia traditional dance and music.
(828) 258-6101 Ext. 789
www.folkheritage.org

Parkway Playhouse, Burnsville.

Summer Theater.
(828) 682-4285
www.parkwayplayhouse.com

Paul Porter Center for Performing Arts, Brevard.

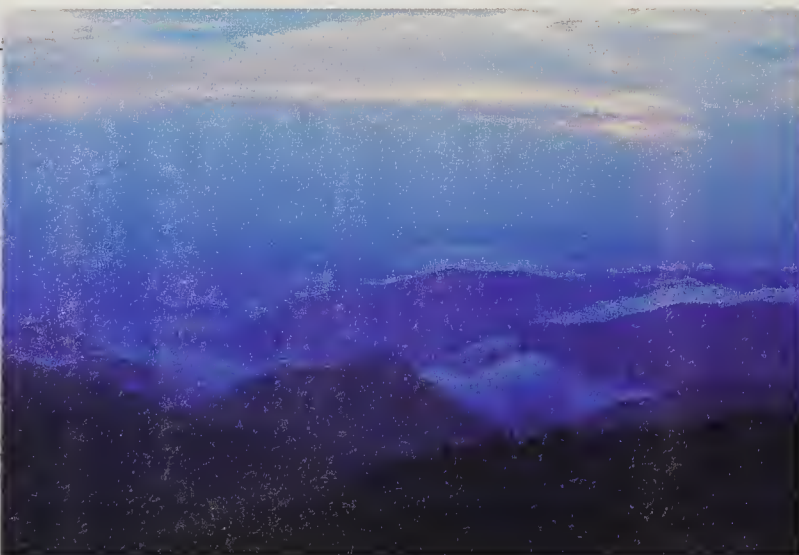
(828) 884-8330

Shindig on the Green, City/County Plaza, downtown Asheville.

Southern Appalachian music outdoor summer concerts.
(828) 258-6107

Southern Appalachian Repertory Theatre (SART), Mars Hill.

(828) 689-1239.
www.sarthatre.com



Great Smoky Mountains. Photo to Right: *Wolfe's Angel, Hendersonville.* Prominently featured in *"Look Homeward, Angel,"* a novel by N.C. native Thomas Wolfe.

Southern Expressions Gallery & Studios, near Brevard.

Contemporary mountain crafts.

(828) 884-6242

Wolfe's Angel, Hendersonville.

Mentioned in Thomas Wolfe novel, "Look Homeward, Angel." Highway 64 West just out of downtown.

(800) 828-4244

YMI Cultural Center, Asheville.

Offers cultural programs, exhibits and African-American art and history.

(828) 252-4614.

www.ci.asheville.nc.us

Young's Mountain Music, Burnsville.

Country, bluegrass, gospel, dancing.

(828) 675-4365

MUSEUMS

Mineral & Lapidary Museum of Henderson County, Hendersonville.

(828) 698-1977

www.inimuseum.org

Mt. Mitchell State Park Museum, Burnsville.

(828) 675-4611

www.ncsparks.net/momi.html

Museum of North Carolina Minerals, mile post 331.

Part of Blue Ridge Parkway Visitor Center. Sales outlet for Southern Highlands Handicraft Guild.

(828) 295-7938

Pack Place Education, Arts & Science Center, Asheville.

Houses the Asheville Art Museum, Colburn Gem & Mineral Museum, Diana Wortham Theatre and the Health Adventure.

(828) 257-4500

www.packplace.org

Rural Life Museum, Mars Hill College.

(828) 689-1424

Rush Wray Museum of Yancey County History, Burnsville.

(828) 682-3671

Smith-McDowell House Museum, Asheville.

Circa 1840 restored house, oldest in Asheville.

(828) 253-9231

www.wnchistory.org

Western North Carolina Air Museum, Hendersonville.

(800) 828-4244

www.wncairmuseum.com

WILDLIFE AREAS

Chimney Rock Park.

Hiking trails, 404-foot waterfall, 75-mile views of the Blue Ridge Mountains from atop Chimney Rock.

(800) 277-9611

www.chimneyrockpark.com

Dupont State Forest.

7,600 acres in Henderson and Transylvania counties.

(828) 251-6509

www.main.nc.us/eco/dsf/index.html

Holmes State Forest, southwest of Hendersonville.

Picnic areas, trails, camping.

(828) 692-0100

Linville Gorge.

Wilderness area in Pisgah National Forest.

(828) 652-2144

<http://ncnatural.com/Resources/Adventure/Gorge/Linville-Gorge.html>

Mt. Mitchell State Park, Yancey County.

Highest peak in the East, hiking, scenic drive off Blue Ridge Parkway.

(828) 675-4611

<http://www.ils.unc.edu/park/project/visit/momi/home.html>

Pisgah National Forest.

Trails, picnic and camping areas in 6,400-acre forest.

(828) 877-3265

www.ncsparks.net/momi.html

Recipe

Biltmore Estate Asheville

MOUNTAIN TROUT CAKES

2 pounds poached trout fillets
Salt and freshly ground pepper to taste
1½ tablespoons sweet, red pepper, finely diced
2 teaspoons minced shallot
1 tablespoon red onion, finely diced
½ teaspoon fresh dill, chopped
2 teaspoon fresh parsley, chopped

2 teaspoons fresh chives, chopped
2½ tablespoons mayonnaise
Tabasco sauce to taste
1 teaspoon lemon juice
1 tablespoon finely diced dill pickle
Breadcrumbs
Flour seasoned with salt and pepper
Olive oil

Roughly flake trout fillets and season to taste with salt and pepper. Add remaining ingredients except breadcrumbs, flour and olive oil to the trout and gently fold together. Do not over mix. Gradually add enough breadcrumbs to absorb excess moisture. Form the mixture into cakes and chill well. Lightly coat cakes with seasoned flour and sauté in olive oil until golden. Yields approximately eight main dish trout cakes or 16 appetizer cakes.

Serving suggestions:

Appetizer: Serve two small cakes over fresh greens with light vinaigrette.

Entrée: Serve two large cakes with summer's freshest vegetables, such as green beans with toasted almonds and garlic new potatoes.

Serve with Chateau Biltmore Chardonnay Sur Lies

The Nantahala

TRAVEL INFORMATION

Andrews Chamber.

(828) 321-3584
www.grove.net/~andrews_chamber/

Blue Ridge Parkway.

National Park scenic highway.
(828) 271-4779
www.blueridgeparkway.org or
www.nps.gov/blri/

Canton Papertown Association.

(877) 648-3878
www.cantonpapertown.com

Cashiers Area.

(828) 743-5191

Cherokee Chamber.

(800) 438-1601/(828) 497-9195

Cherokee County.

(828) 837-2242
www.cherokee-county-chamber.com

Cherokee Indian Reservation.

(800) 438-1601
www.cherokee-nc.com/main.htm

Clay County Chamber.

(828) 389-3704
www.claycounty-nc-chamber.com

Dillsboro Merchants Assn.

(800) 962-1911

Franklin Area.

(800) 336-7829

Graham County Travel & Tourism.

(828) 479-3790/(800) 470-3790
www.grahamcountytravel.com

Haywood County.

(828) 456-3021
www.haywood-nc.com

Highlands.

(828) 526-2112

Jackson County Travel & Tourism.

(800) 962-1911/(828) 586-2155
www.mountainlovers.com

Maggie Valley Area CVB.

(800) 785-8259/(828) 926-1686
www.visitmaggievalley.org

Haywood County/Maggie Valley/Waynesville.

Gateway to the Smokies.
(800) 334-9036/(828) 452-0152
www.smokeymountains.net/cc

Mountain Information Centers.

(828) 258-4662

Swain County.

(800) 867-9246/(828) 488-3681
www.greatsmokies.com

ELECTRIC COOPERATIVES

Blue Ridge Mountain EMC. (Young Harris, Ga).

(404) 379-3121

Haywood EMC. (Waynesville, Lake Toxaway).

(828) 452-2281

RECREATION

Appalachian Trail.

Crosses Graham County for 28 miles, from Nantahala River to across Fontana Dam; over 200 miles of additional National Forest hiking trails, 38 miles in Tsali recreation area open to hikers, mountain bikes, and horses.

(828) 479-6431

www.appalachiantrail.org

Blue Ridge Paper Mill Tours, Canton.

Tour one of the oldest paper mills in the U.S.
(828) 646-2308

Blue Ridge Parkway.

(828) 271-4779
www.nps.gov/blri/ncmap.htm and
www.blueridgeparkway.org

Cabin Fever Tours, Haywood County.

More than a dozen excursions offered.

(828) 646-0388

Canton Recreation Park. Pigeon River

Scenic Walking Trail, playground, swimming pool.
(828) 646-3411

Cataloochee Ranch, Maggie Valley.

Horseback rides.
(800) 868-1401

Cataloochee Ski Area, Maggie Valley.

Ten slopes and trails.
(800) 768-0285

Cherochala Skyway.

Scenic Highway, 41 miles long, from Robbinsville, N.C., to Tellico Plains, Tenn., through the Unicoi Mountains; highest elevation at 5,390 ft.

(828) 479-6431/800-470-3790

www.grahamcountytravel.com

Clay County Recreation Park.

Includes trail to Chatuge Dam.
(828) 389-3532

Discover Carolina Upcountry.

Regional information.
www.theupcountry.com

Fantasy Golf and Game Room, Maggie Valley.

(828) 926-8180

Ferguson's Trout Pond, Haywood County.

(828) 627-6404

Field of the Wood Scenic Bible Park, Murphy.

(828) 494-7855

Fish and Game Management.

(828) 497-5201

Fontana Lake & Fontana Dam.

Fontana Dam, 480 ft. high, is highest concrete dam east of the Rocky Mountains.
www.westernncattractions.com/fontana.htm

Ghost Town in the Sky, Maggie Valley.

Amusement park recreates Old West town.
(800) 446-7886
www.ghosttowninthesky.com/

Great Smoky Mountain Railroad, Dillsboro.

Scenic mountain excursions.
(800) 872-4681
www.gsmr.com

Hemphill Mountain Campground, Haywood County.

Horseback rides.
(828) 926-0331

Highlands Nature Center, Macon County.

(828) 526-2623



**Holland's Trout Pond,
Maggie Valley.**
(828) 926-0313

Horseback Riding.
In Jackson County and the
Great Smokies National Park.
Smokemont Stables
(828) 497-2373
Arrowmont Stables
(800) 682-1092

**Jack Rabbit Mountain
Recreation Area, Clay County.**
(828) 837-5152

**Lowe Fly Shop and Outfitters,
Waynesville.**
(828) 452-0039

Maggie Valley Miniature Golf.
(828) 926-3255

Maggie Valley Trout Pond.
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Maggie Valley.**
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**Queen's Farm Riding Stables,
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www.rafting.com

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**Santa's Land Zoo and Theme
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www.westernncattractions.com/santa.htm

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www.grahamcountytravel.com

Ski Scaly, South of Highlands.
(800) 342-1387

**Smokey Mountain Cinema,
Waynesville.**
(828) 452-9091

**Smokey Mountain Guide Service,
Haywood County.**
(828) 454-1000

**Soco Gardens Zoo and Gift Shop,
Maggie Valley.**
(828) 926-1746
www.animalpark.org/socozoo/

**Sorrell's Creek Trout Farm,
Canton.**
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N.C. mountains.
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www.wcu.edu

Yellow Branch Pottery &
Cheese Farm.
(828) 479-6710
www.yellowbranch.com

MUSEUMS

Canton Area Historical Museum.
(877) 648-3878

Cherokee County Historical
Museum.
(828) 837-6792

Franklin Gem and Mineral
Museum.
(828) 369-7831

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Mountain Museum, Waynesville.
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(828) 926-1901

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Cherokee.
(828) 497-3481
www.cherokee-nc.com/museum.htm

Museum of North Carolina
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Old Jail Museum, Hayesville.
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(828) 389-6814

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(828) 479-6431

Nantahala National Forest.
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<http://www.cs.unca.edu/nfsnc/>

Pisgah National Forest.
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<http://ncnatural.com/NCUSFS/Pisgah/>

THE NANTAHALA

The Nantahala



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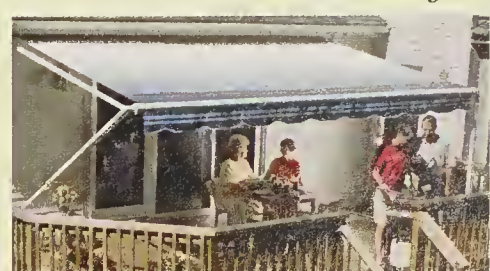
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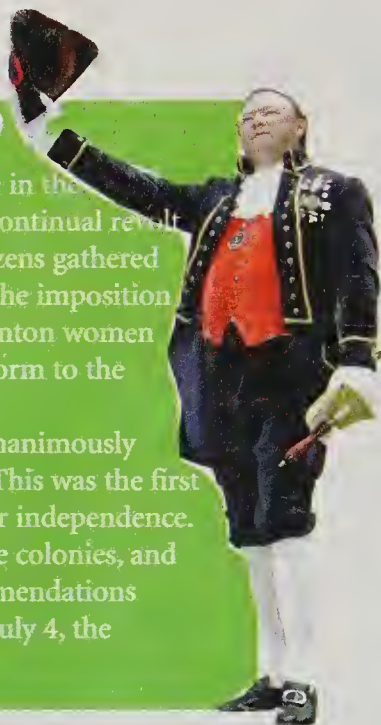
As heard on Paul Harvey News...

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American Revolution (1775-1783)

North Carolinians played a pivotal role in the Revolutionary War. In Edenton, there was continual revolt against the crown. On August 22, 1774, citizens gathered at the court house and bitterly denounced the imposition of taxes. Later, on October 25, 1774, 51 Edenton women daringly (at that time) resolved not to conform to the "Pernicious Custom of Drinking Tea."

In Halifax, North Carolina delegates unanimously voted for independence on April 12, 1776. This was the first official action by an entire colony calling for independence. The Halifax Resolves were directed to all the colonies, and Virginia soon followed with its own recommendations after adoption of the Halifax Resolves. On July 4, the Declaration of Independence was signed.



Sites to See

Halifax Historic Site

Groups can view seven restored 18th and 19th century structures here, including the Sally Billy Plantation House, Owens House and an 1838 jail. The visitor center offers a 13-minute video that describes life in the Roanoke Valley from 1760-1840, and a museum of early history exhibits. Tours are free. Hours: April-October, Monday-Saturday, 9 a.m.-5 p.m., Sunday, 1-6 p.m. To reserve tours, call (252) 583-7191 or visit www.visithalifax.com.

Halifax Day on April 12

This annual festival honors each year's anniversary of the Halifax Resolves. On Saturday, April 12, the Halifax Historic Site will feature an archives and centennial exhibit, heritage craft demonstrations, food and a live re-enactment by the 6th N.C. Regiment Militia. Call (252) 583-7191 or visit www.visithalifax.com.

Did you know ...?

A boy finds gold

One Sunday back in 1799, a 12-year-old boy named Conrad Reed discovered a large yellow rock in a creek on his family's farm in Cabarrus County. For years his family used the 17-pound rock as a makeshift-doorstop, until a jeweler identified the hefty chunk as gold. The Reed family sold it for \$3.50. It was worth about \$3,600 at that time.



The fever strikes!

The next year, Conrad's dad wised up and began what became a wildly successful mining operation. Hearing of his good fortune, other Piedmont farmers began digging for gold. "Placer" or creek gold mining led to underground mining when explorers learned that gold existed in veins of white quartz.

Young Conrad's lucky find sparked a gold rush, and eventually gold mining became second only to farming in the number of North Carolinians employed. Young and old excitedly dug for nuggets, with foreigners such as the skilled Cornishmen from England joining them.

North Carolina led the U.S. in gold production until 1848, when it was surpassed by California's Gold Rush. Finds across the state began dwindling, however, and the last large nugget at the Reed mine was found in 1896. The mine closed for good in 1912.

Field trip

The Reed Gold Mine, east of Charlotte in Midland, was reopened in 1977 as a historic site. Today, students and teachers can tour the mine for free, see an ore-crushing stamp mill, watch a film about the mine's history and pan for gold (fee). Hours: April - October, Monday-Saturday 9-5, Sunday 1-5; November-March, Tuesday-Saturday 10-4, Sunday 1-4. Call (704) 721-GOLD (4653) or visit www.reedmine.com or email reedmine@ctc.net.



Heritage Days on April 29-30

Reed Gold Mine is holding Heritage Days Wednesday and Thursday, April 29-30, when school groups can experience 18th-21st century lifestyles and learn about North Carolina history. At least 2,000 Mecklenburg, Stanly, Cabarrus and Union county fourth graders and teachers were scheduled to attend Heritage Days, but at press time the mine was accepting other groups. For reservations, call (704) 721-GOLD (4653).

CHECK IT OUT!

"Touring North Carolina's Revolutionary War Sites"

This guidebook by Lincolnton resident Daniel Barefoot gives detailed instructions for reaching Revolutionary War sites, and includes interesting anecdotes. Arranged geographically, 488 pages, maps, black and white photographs, appendix and index. ISBN: 0-89587-217-X. At the library, ask for call number 917.560443 B24. 1998. Publisher: John F. Blair, Winston-Salem. \$21.95.

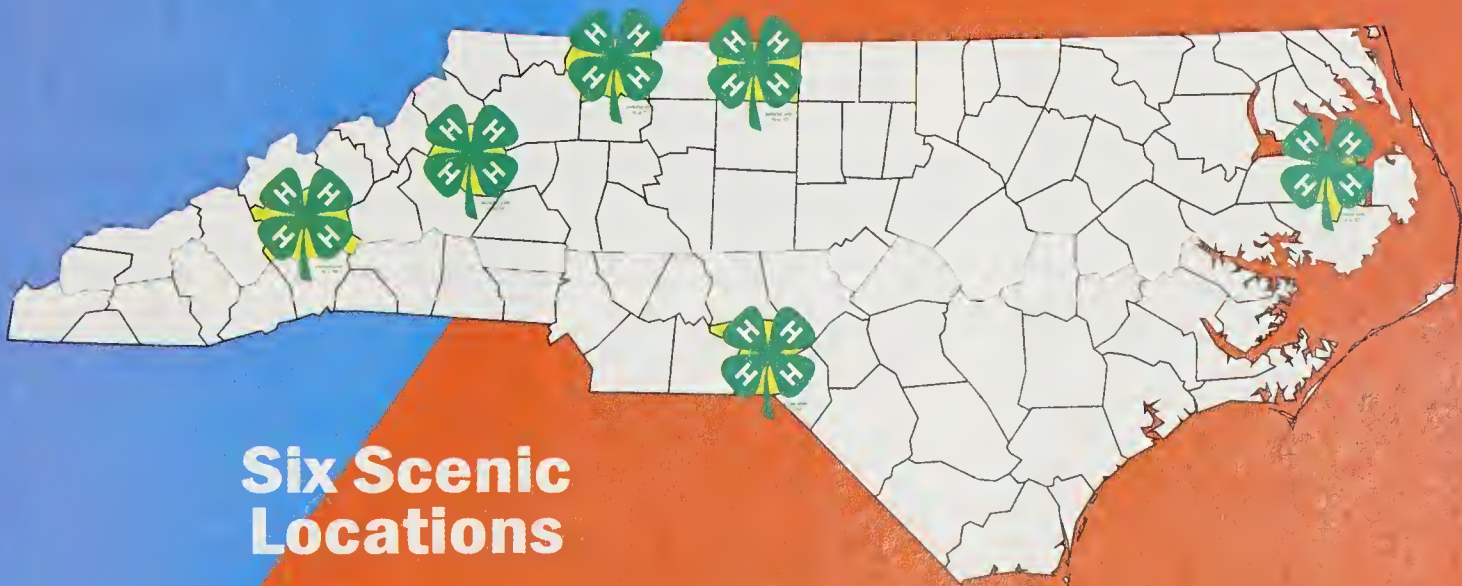
Web surfing

www.rootsweb.com/~ncrevwar/ncrevwar.htm

This site includes information and/or links for North Carolina military units, Revolutionary War ancestor stories, and county-by-county links for specific battles, historic sites, loyalists and genealogy research.

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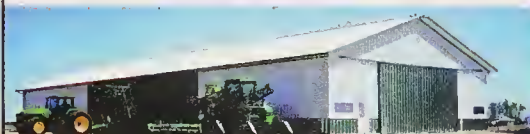
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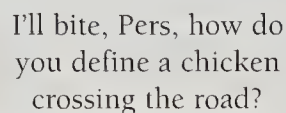
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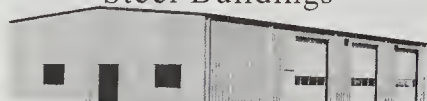
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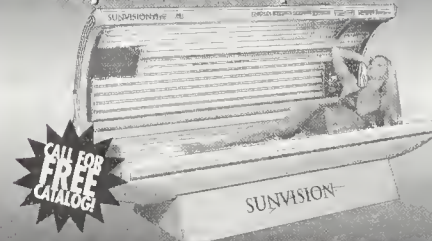
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Are you ready for a crash?

What's the worst thing that could happen to your computer? It could crash, destroy your data, and – if the computer plays a key role in your business – force you into bankruptcy.

The above may sound unrealistically bleak and sensationalistic, but it happens more often than you might think, said Jon William Toigo, author of 12 books, including the recent *Disaster Recovery Planning: Managing Risk & Catastrophe in Information Systems*, in a phone interview.

Toigo, who's also a computer consultant, estimates that 50 percent of companies experiencing a computer outage lasting more than 10 days will be out of business within five years.

Everybody who's been around computers for more than a week knows, or should know, that the way to prevent such a catastrophe is to back up data needed to keep you operating onto an additional, or several additional, storage media.

Knowledge doesn't always mean action, though. It takes a confident person to own up to his mistakes, but that's exactly what Bruno Cywinski did when talking with me about his near catastrophe.

Cywinski, who runs a 12-employee graphics design studio outside Toronto, had a Mac crash on him about a year ago. "The information on that hard drive represented nearly a month of work. If we had lost that data, we would have missed an 'unmissable' deadline for our key client – and undoubtedly lost the account."

His story is a common one. Cywinski's company had grown quickly. "We were always too busy to do backups regularly."

He was lucky. A white knight came to his rescue. A data recovery firm is the place to go when the bits hit the fan – when you lose data because of a hard disk crash, fire, flood, and so on, and there are no backups.

Cywinski called CBL Data Recovery Technologies Inc. (www.cbltech.com), a data recovery firm with offices in New York City and San Diego as well as seven other countries. CBL saved all of his company's data.

CBL isn't the biggest or most widely known data recovery firm. Kroll Ontrack Inc. (www.ontrack.com, formerly Ontrack Data International Inc.) and DriveSavers Data Recovery Inc. (www.drivesavers.com) are both larger. But, from talking with the president of the firm, CBL just may have the biggest heart.

"We cry sometimes if we're not able to recover crucial data," said Bill Margeson. This happens relatively infrequently, which is fortunate for both customers and his employee's emotional stability. Margeson cites a success rate of 83 percent, along with a plethora of other numbers that put into perspective the issue of data loss.

Hard drives have a 2 percent failure rate, he said, and as they increase in capacity and complexity, they become more prone to failure.

The most common reason for hard drive failure, accounting for 65 percent of the problems CBL works on, is the hard drive heads physically crashing into the hard disk platters. This often can be prevented.

Be careful about bumping into a computer, particularly during the vulnerable period when it first boots. With a laptop, don't walk around with it as it's starting up.

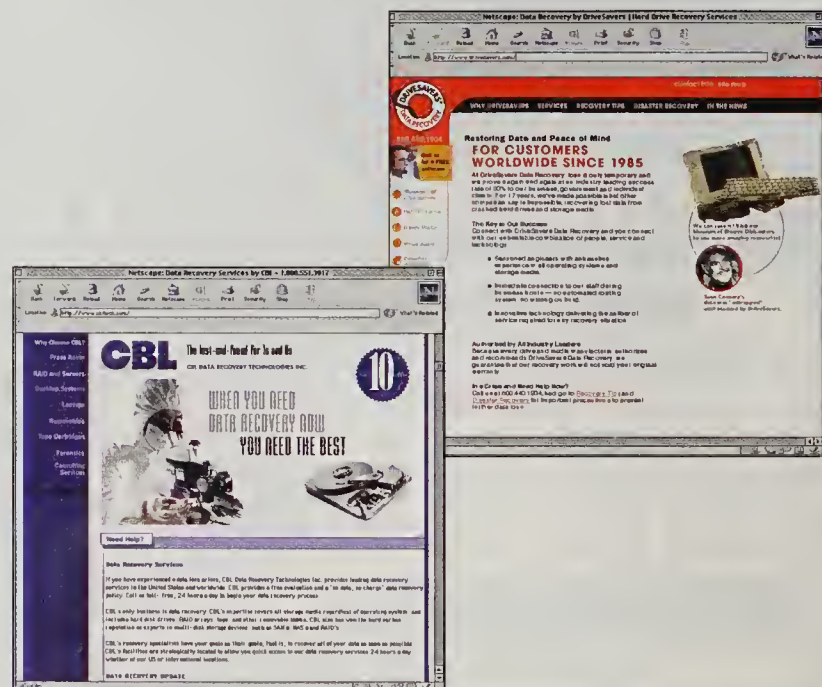
Fires, floods, and mudslides account for 6 percent of the problems CBL sees. "Don't give up on a melted computer," Margeson said. The data on the hard drive inside may still be salvageable.

Viruses account for fewer problems than many people think – 6 percent of the data loss that CBL sees. Other causes of data loss include incorrectly reinstalling the computer's operating system, incorrectly installing software upgrades and patches, inadvertently erasing files ... even somebody maliciously smashing a computer.

CBL's average invoice is \$1,400, which is in line with the rest of the data recovery industry. "We see ourselves as the last resort," said Margeson.

After his near-disaster, Cywinski learned an important lesson. "Everybody should follow a strict backup regimen," he said. His involves burning data onto CDs and keeping one set off site. If you keep all of your backups on site, those backups can be lost in a fire along with your hard-disk data. You should also periodically test your backups to ensure the data on them is accessible.

If you can't access data from your hard drive, and you have reliable backups, you can first try using data recovery software such as Norton Utilities. But if you don't have reliable backups, you should weigh the value of the data. In some cases, using a product such as Norton Utilities can later make it more difficult for a data recovery firm to do its work.



Reid Goldsborough is a syndicated columnist and author of the book *Straight Talk About the Information Superhighway*. He can be reached at reidgold@netaxs.com or www.netaxs.com/~reidgold/column.

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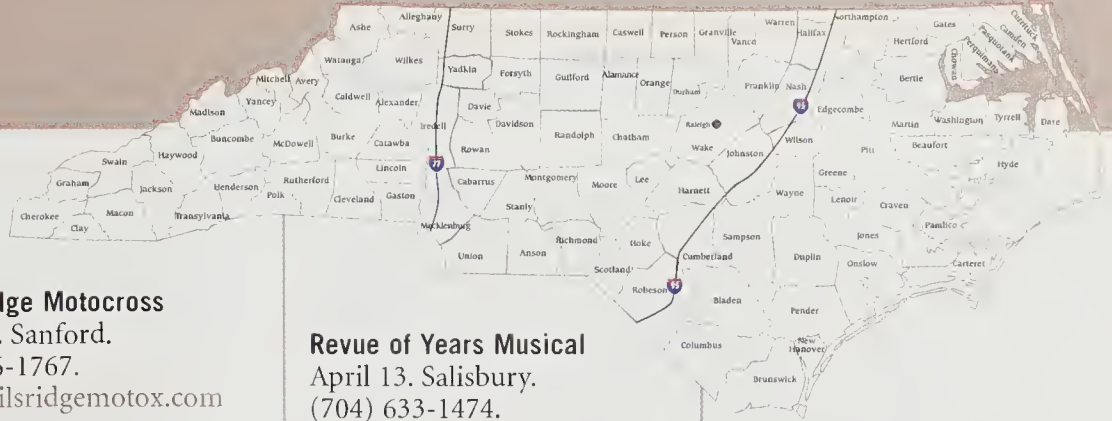
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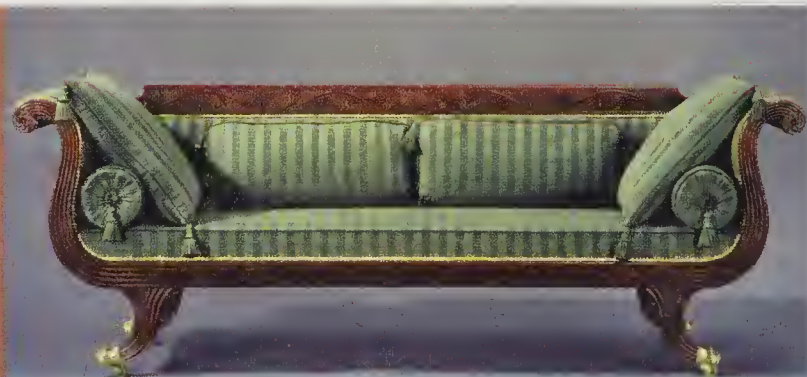
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"Tibetan Portrait." (919) 834-
4040. www.exploris.org



"Everest," an IMAX film that takes viewers through quaking chasms and up towering cliffs, is showing at Exploris in Raleigh this month. Everest tells a dramatic story about the relationship between a group of daring climbers, and also discusses how Mt. Everest was formed, why high altitudes challenge a climber's physical and mental capabilities, and how Sherpa culture and tradition shape the climbing experience. Call the museum at (919) 834-4040 or visit www.exploris.org.

continued on page 10

APRIL EVENTS



The North Carolina Museum of History in Raleigh is featuring an exhibit on Southern Furniture through June 15. Call (919) 715-0200 or visit www.ncmuseumofhistory.org for more details. Sofa, ca. 1815-1824. Photo credit: Colonial Williamsburg Foundation.

continued from p. 87

Chapel Hill Museum

Ongoing. Chapel Hill.
Through May, "Artisans Trade Secrets" | (919) 967-1400.
www.chapelhillmuseum.org

Ackland Art Museum

Ongoing. Chapel Hill.
Through May 25, "19th Century French Art" | (919) 966-5736.

Fayetteville Museum of Art

Ongoing. Fayetteville.
Through June, flying exhibits; African artifacts. (910) 485-5121.

Airborne Museum

Ongoing. Fayetteville.
Exhibit on Fort Bragg. (910) 483-5311. www.asomf.org

Charlotte Museum of History

Ongoing. Charlotte.
Through Sept. 2003, "Soldiers' Stories in First Person."
(704) 568-1774.
www.charlottesmuseum.org

Mint Museum of Art

Ongoing. Charlotte.
April 15, "Iznik Pottery" |
Through June 1, "Edward Hopper." | (704) 337-2009.
www.mintmuseum.org

Discovery Place

Ongoing. Charlotte.
Heart Exhibit. (704) 372-6261.

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www.bladencounty.com/harmonyahall.htm

Floral Artwork

April 4-May 31. Washington.
Free. (252) 946-2504.

Veterans Art Contest

Through April 4. Wilmington.
(910) 251-5797.
www.battleshipnc.com

Designer Showcase

Through April 13. Wilmington.
(910) 762-0492.

The Marvelettes

April 1. Elizabeth City.
(800) 335-9050.

Jazz at Airlie

April 4. Wilmington.
(910) 793-7531
www.airliegarden.org

Godspell

April 4-5. Elizabeth City.
(800) 335-9050.

Horse Show

April 5. Wilmington.
(910) 791-5773.
www.ncazaleafestival.org

Cultural Celebration

April 5. Wilmington.
(910) 763-0288.
www.edensinstitute.com

Festival of Fun

April 5. New Bern.
(252) 916-6301.

Artifact ID Day

April 5. Elizabeth City.
(252) 335-1453.

Symphonic Wind Ensemble

April 9. Greenville.
Free. (252) 335-3686.

Antique Faire

April 11-12. Roanoke Island.
(252) 475-1506.
www.roanokeisland.com

Rising Music Stars

April 11. Oriental.
(252) 249-3362
www.pamlicomusic.org

WalkAmerica

April 12. Morehead City.
(910) 452-1515.
www.marchofdimes.com

Arts & Craft Show

April 12. Edenton.
(252) 482-4985.

Publick Day

April 12. Beaufort.
(800) 575-7483.

Antique Faire

April 12. Halifax.
(252) 583-2261.

Coastal Air Show

April 12-13. Wilmington.
(910) 772-7983.
www.coastalcarolinaairshow.com

Jammin' with Pops

April 15. Roanoke Island.
(252) 475-1506.
www.roanokeisland.com

Jazz Ensemble

April 16. Greenville.
Free. (252) 335-3686.

Medieval Festival

April 26. Wilmington.
(919) 686-9518.
www.poplargrove.com

Kathy Mattea

April 26. Greenville.
(800) 335-9050.

Pasta & Pottery

April 26. Edenton.
(252) 482-8005.

Tar Wheel Ride

April 26-27. Elizabeth City.
(252) 330-4514.

Senior Games

April 28-May 8. New Bern.
(252) 672-0309.

Christine Lavin

April 30. Oriental.
(252) 249-3362.
www.pamlicomusic.org

Core Sound Waterfowl Museum

Ongoing. Harkers Island.
Free. (252) 728-1500.
www.coresound.com

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Deadline for June: April 25 | Deadline for July: May 23

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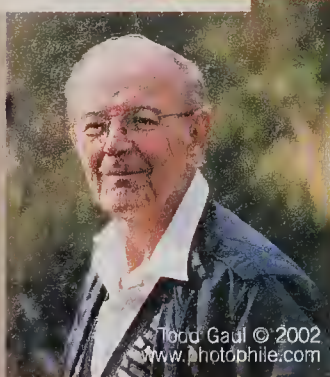
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GARDENING FOCUS

Camellia Care

Overwatering causes more trouble than any other factor when growing camellias. These plants can withstand a lot of dryness, and too little moisture in the soil is apparent before damage has been done. With wetness, damage seldom is apparent until the roots have rotted. It's rare indeed to bring such a plant back to health. Because of this problem, a soil mixture for camellias must be very porous, more so than for any other plant grown in Carolina gardens.

Spring awakens. Masses of flower beds bloom alongside budding tree branches, and colorful accents from bulbs and maturing vegetables brighten grassy lawns. The weather and plants beckon gardeners outdoors to new endeavors.

Tips for Planting Annuals

It's safest to rotate the location of annuals year after year. A three-year rotation, using unrelated plants, helps control soil-borne diseases. Giving plants adequate growing space also helps keep them healthy. This allows sunlight to reach each plant, with better air circulation to discourage diseases. Remove diseased foliage as soon as it is apparent. When a large number of leaves become diseased, remove plants and destroy.

Soil preparation includes deep spading and removal of any debris. Heavy clay and poorly-drained soils are improved by adding organic matter or sand. Spading these into the top eight to 10 inches of soil makes planting easier, and allows roots to penetrate more deeply with less chance of drying.

When watering, soak ground beneath plant, keeping foliage dry, or sprinkle in the morning when the leaves dry quickly.

Repair Bare Patches of Lawn

Repair thin or bare lawn spots in play areas or other spots subject to heavy traffic. If the spot is too thin, try loosening soil several inches deep with a spading fork or soil. This allows air, water and fertilizer to move into the soil so that grass can recover. Bare spots should be dug several inches deep and organic matter and fertilizer



Beloved by many gardeners, carnations can be grown in North Carolina by following a few simple tips. Protect them from the hot afternoon sun, water them sufficiently in the morning, and feed them a balanced food on a regular basis.

mixed into the soil. These spots should then be sprigged and plugged so that they soon cover. A healthy lawn is the carpet on which trees, shrubs, and flower beds lend harmonious accents.

Permanent Perennials

Unlike annuals, perennials don't require the time and expense of yearly replanting. Most will grow and bloom for many years without pampering. They come early, stay late and are there when nothing else is in flower. Native plants and wild-flowers, previously found growing in wild areas, provide some of the hardiest, low-maintenance blooms for a more unconventional perennial border. Biennials also play an important, though brief, role in bringing continuity to a flower garden. Large or small, formal or informal, no flower garden is complete without perennials.

HORT shorts

✂ As warm-season grasses such as Bermudas and Zoysias begin to turn green, it's time to apply a complete fertilizer containing nitrogen, phosphorus, potash like 8-8-8, 10-10-10 or 10-6-4.

✂ Eleagnus can be pruned anytime, but heavy pruning is best done just before growth starts in spring.

✂ During growing season, control size and encourage development of a compact plant by keeping long, wispy growth pruned back.

✂ Houseplants will retain glossy leaves if sponged with luke-warm, soapy water. Wipe with clean water to remove soap. Do not shine leaves with olive oil or milk. Both produce an artificial gloss due to the oil or fat of the milk.

✂ Keep leaves of African violet clean and free of dust with a small camel's hairbrush. Or turn the pot upside down, holding soil with your fingers. Gently swish the leaves through lukewarm water containing a bit of mild soap.

✂ Lilacs do best in alkaline soil. Lime soil around plants (½ cup to 1 cup agricultural lime per plant). Use a complete fertilizer and don't overfertilize any

one time. Make 2-3 applications from early spring through midsummer.

✂ Mulch plants with pear moss, leaf mold or other organic mulch.

✂ Parsley, chives and winter savory, as well as all herbs rooted in cuttings, are quite hardy and will survive most winters in the middle and Lower South if given a light covering of materials such as leaves.

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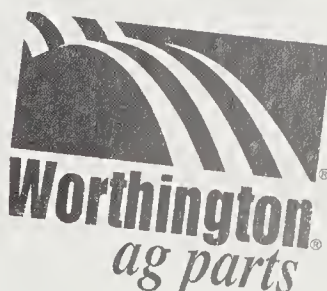
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Heat recovery ventilators work to keep indoor air fresh

By James Dulley



One of the drawbacks of making a house more energy efficient is the indoor air quality may suffer if you do not also make provisions for fresh air ventilation. An airtight home can result in a "stale air" feeling. On the other hand, an airtight home allows for better control of humidity, dust, and allergens so it is still probably better overall.

There are many methods to improve the indoor air quality without resorting to just opening a window once in a while during the winter. Actually though, opening a window for a short period of time does not lose a huge amount of heat energy because the heat content of air is relatively low. The key is a very short period and a lot of air movement; a windy day is best.

The efficient window fresh air ventilation units you mentioned are very effective. I use one in my own home/office. Larger whole-house ducted models are more effective, but with the furnace blower set for continuous

air circulation, my window unit eliminates the staleness throughout my home.

These fresh air ventilation systems are called heat recovery ventilators (HRV). There is a heat exchanger built into the unit. As the stale heated air is exhausted outdoors, it passes-through the heat exchanger first. There it transfers much of its heat energy (up to 80 percent on some models) to the incoming cold fresh air so your energy dollars are not lost.

During the summer, the outgoing cooled stale air pre-cools the incoming hot outdoor air. Drawing in allergens is not a major problem during the winter, but it can be during the summer. All the HRV models have effective air filter elements to clean the outdoor air

before it enters your home. If you think you will have a problem remembering to change filters, select a model that has an indicator light to alert you when it is time to change the filter.

The window units, like mine, look similar to a typical window air conditioner, but they weigh less because there

Energy recovery ventilators help control indoor humidity.

is no heavy compressor used. They have multiple speeds and are quiet on the low setting so they work well for bringing fresh air into a bedroom while you sleep. The best ones use a super-efficient direct current (DC) type motor and use only about 100 watts of electricity (about as much as a light bulb.)

A whole-house HRV model is usually mounted somewhere in the utility room, attic or basement near the furnace. It can be connected to your existing furnace duct system, but it is best to install its own ducts. The stale air inlets are often located in the kitchen and bathrooms and the fresh air outlets can be in a bedroom, living room or hallway.

A variation on an HRV is an ERV (energy recovery ventilator). An ERV also transfers the moisture between the outgoing stale air and the incoming fresh air along with the heat. This can help keep the indoor air from becoming overly dry during the winter and excessively humid during the summer. By maintaining the proper humidity level, you can lower the thermostat (winter) and raise it (summer) for a large utility bills savings without sacrificing comfort. ERV's are most popular in warm, humid climates.

There are several designs for the heat exchangers, including crossflow, rotary, heat pipe, that are used by the various HRV/ERV manufacturers. They all are effective. The heat pipe design is unique and efficient, but is only available as a HRV and does not transfer moisture too. Rotary designs are particularly effective for areas with higher summertime humidity.

When selecting a HRV/ERV unit, consider the types of controls. This will affect its effectiveness, convenience and your family's comfort. Multiple speed settings are a definite plus. This feature allows you to manually adjust the speed for quicker ventilation, but with more noise, or a quieter slower speed for sleeping or continuous use.

How long and when the unit runs is often determined with a simple timer control. You can also install a more sophisticated control that measures the humidity or other pollutants in the indoor air. When the level you set is reached, the unit comes on automatically. During the summer, a humidity sensor is particularly effective and efficient.

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Candy Bar Brownies

Candy Bar Brownies

- $\frac{3}{4}$ cup butter or margarine, melted
- 2 cups sugar
- 4 eggs
- 2 teaspoons vanilla extract
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{3}$ cup baking cocoa
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 4 Snickers bars (2.07 ounces each), cut into $\frac{1}{4}$ inch pieces
- 3 plain milk chocolate candy bars (1.55 ounces each), coarsely chopped

In a bowl, combine butter, sugar, eggs and vanilla. Combine flour, cocoa, baking powder and salt; set aside $\frac{1}{4}$ cup. Add remaining dry ingredients to the egg mixture; mix well. Toss Snickers pieces with reserved flour mixture; stir into batter. Transfer to a greased 13-by-9-by-2-inch baking pan. Sprinkle with milk chocolate candy bar pieces. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean (do not over bake). Cool on a wire rack. Chill before cutting.

Yield: 3 dozen.

Pineapple Au Gratin

- 2 cups self-rising flour*
- 2 cups sugar
- 3 cans (20 ounces each) unsweetened pineapple chunks
- 1 cup (4 ounces) shredded cheddar cheese
- $\frac{1}{2}$ cup butter or margarine, melted
- 70 butter-flavored crackers, crushed

In a bowl, combine flour and sugar. Drain pineapple, reserving $1\frac{1}{2}$ cups juice. Add juice to flour mixture; mix well. Stir in the pineapple and cheese. Pour into a greased 13-by-9-by-2-inch baking pan. Cover and bake at 350 degrees for 30 minutes. Uncover and stir; bake 10 minutes longer. Combine melted butter and cracker crumbs; sprinkle over pineapple mixture. Return to oven for 10-15 minutes or until a knife inserted near the center comes out clean.

Yield: 16-20 servings.

*Editor's Note: As a substitute for each cup of self-rising flour, place $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt in a measuring cup; add all-purpose flour to equal 1 cup.

Sunday Brunch Casserole

- $\frac{1}{2}$ pound sliced bacon
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- 12 eggs
- 1 cup milk
- 1 package (16 ounces) frozen hash brown potatoes, thawed
- 1 cup (4 ounces) shredded cheddar cheese
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon dill weed

In a skillet, cook bacon until crisp. Remove with a slotted spoon; crumble and set aside. In the drippings, sauté onion and green pepper until tender; remove with a slotted spoon. Beat eggs and milk in a large bowl. Stir in hash browns, cheese, salt, pepper, dill, onion, green pepper and bacon. Transfer to a greased 13-by-9-by-2-inch baking dish. Bake, uncovered, at 350 degrees for 35-45 minutes or until a knife inserted near the center comes out clean.

Yield: 6-8 servings.



Sunday Brunch Casserole

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